



Mushroom & Egg Toast

So easy and so very good.

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This quick recipe can make a great breakfast or a satisfying lunch. Mushrooms are rich in vitamins and minerals—like selenium, an important antioxidant for metabolic health—and eggs pack a nice hit of protein.

Servings: 4

Ingredients: 9

Prep: 20 minutes

Ingredients

1 tablespoon olive oil

2 cloves garlic, sliced

2 cups portobello mushrooms, diced

1 cup cherry tomatoes, halved

1 tablespoon fresh oregano, chopped

4 slices of whole grain bread, toasted (use white bread if on bland, low-fiber diets)

¼ cup soft goat or cream cheese, divided

4 soft-boiled eggs

Salt and pepper, to taste

Directions

1. In a wide skillet with a tight-fitting lid, heat the olive oil over medium-high heat. Add the garlic and cook for 3 minutes or until fragrant and beginning to turn golden.
2. Add mushrooms, cherry tomatoes, chopped oregano and a sprinkling of salt and pepper. Cover and cook for 5 minutes. Uncover and stir, and cook for another 2 minutes. Taste for seasoning. Turn off the heat, and let sit until ready to serve.

3. Evenly spread 1 tablespoon of goat or cream cheese on each of the slices of toast. Top with the mushroom mixture and then the soft-boiled egg. Serve immediately.

Chef Tips

For a tasty touch of England, add a tablespoon of Worcestershire sauce to the mushrooms along with the other ingredients. If portobellos are not available, quarter some baby bella, cremini or button mushrooms.

Nutrition Facts (per serving)

Calories: 242; fat: 14 g; saturated fat: 5 g; polyunsaturated fat: 2 g; monounsaturated fat: 6 g; carbohydrates: 19 g; sugar: 5 g; fiber: 4 g; protein: 11 g; sodium: 411 mg

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