Mushroom & Egg Toast

So easy and so very good

May 16, 2022 By Cook for Your Life

This quick mushroom and egg toast recipe can be a great breakfast or a satisfying quick lunch. Mushrooms are rich in vitamins and minerals like selenium, an important antioxidant for metabolic health, and the eggs bring a nice hit of protein.

Servings: 4

Minutes prep: 20

Ingredients: 8

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1 tablespoon olive oil

2 cloves garlic, sliced

2 cups diced portobella mushrooms

1 cup halved cherry tomatoes

1 tablespoon fresh oregano, chopped

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

1/4 cup soft goat or cream cheese, divided

4 soft boiled eggs

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, 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 pieces of toast. Top with the mushroom mixture, then a soft-boiled egg. Serve immediately.

Nutrition Facts (per serving)

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

Chef Tips

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

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