



open-faced egg and tomato “toasts”

cook time:
15

prep time:
15

featured product:
baby arugula

swap bread for roasted eggplant, topped with tomato, our peppery arugula & cheesy white cheddar dressing, and an egg fried to your preference! perfect for those looking for a keto-friendly breakfast!



ingredients

2 servings

produce

- 1 cup [organicgirl? baby arugula ?](#)
- ¼ cup **Primal Kitchen** ranch dressing, divided
- 1 large eggplant, cut into ½” thick slabs
- 4 slices tomato

dairy

- 1 tablespoon butter
- 2 **Clover** eggs

grocery

- 1 tablespoon **Fresh to Market** olive oil
- fine sea salt and black pepper to taste

substitutions

? *substitute with* [PROTEIN GREENS](#)

directions

1. preheat oven to 400?. slice eggplant to ½" thick slabs.

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2. rub both sides of eggplant slices with oil and place on a baking sheet. bake until tender, about 15 minutes.

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3. on each eggplant slice, spread 1 tablespoon dressing and top with 2 tomato slices and arugula.

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4. in a small nonstick skillet, melt butter over medium heat. crack eggs into pan and fry until cooked to desired firmness.

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5. top eggplant with eggs and drizzle each with 1 tablespoon dressing. sprinkle with salt and pepper.

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6. enjoy!

https://iloveorganicgirl.com/wp-content/uploads/2019/05/EggTomatoToasts_Step6_Square.mp4