open-faced egg and tomato “toasts”



cook time:	prep time:	featured product:
15	**15**	**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

1 cup **organicgirl? baby arugula** ?
¼ cup **organicgirl? white cheddar dressing**, divided
1 large eggplant, cut into ½” thick slabs
1 tablespoon preferred vegetable oil
4 slices tomato
1 tablespoon butter
2 eggs
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