



MUSHROOMS ON TOAST

April 16

National Day of the Mushroom



INGREDIENTS

- 2½ Cups Mushrooms
- 2 Cloves Garlic
- 1 Tablespoon Butter
- 2 Sprigs Fresh Thyme
- Salt and Pepper (to taste)
- 1 Teaspoon Soy Sauce or Tamari (optional)
- 4 Slices Bread (whole grain-rich or enriched) at least 28 grams each
- Butter (for serving)

DIRECTIONS

1. Clean and slice the mushrooms roughly (I like them cut into different shapes and sizes for texture), then finely chop the garlic. Set both aside.
2. Melt the butter/margarine in a frying pan over a medium-high heat then add the mushrooms and garlic. Strip the leaves from the thyme sprigs and add to the pan.
3. Stir it all frequently for about 4 minutes, until the mushrooms are soft, golden and have released their juices. Season to taste with the salt and pepper.
4. If using, stir in the soy sauce now and cook for a further minute.
5. Toast the bread, spread with butter and top with the mushrooms. Serve immediately.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Grain

MEAL TYPE

-  Breakfast

YIELD

4 Toasts

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Toast	1 Toast	1 Toast	2 Toasts