



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

1 cup **organicgirl? baby arugula** ?
1/4 cup **organicgirl? white cheddar dressing**, divided
1 large eggplant, cut into 1/2" 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 1/2" 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!

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