# 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.

**https://iloveorganicgirl.com/wp-content/uploads/2019/05/EggTomatoToasts_Step1_Square.mp4**

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

**https://iloveorganicgirl.com/wp-content/uploads/2019/05/EggTomatoToasts_Step2_Square.mp4**

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

**https://iloveorganicgirl.com/wp-content/uploads/2019/05/EggTomatoToasts_Step4_Square.mp4**

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

**https://iloveorganicgirl.com/wp-content/uploads/2019/05/EggTomatoToasts_Step3_Square.mp4**

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

**https://iloveorganicgirl.com/wp-content/uploads/2019/05/EggTomatoToasts_Step5_Square.mp4**

6. enjoy!

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