



## 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 [Organic Girl? baby arugula ?](#)  
¼ cup [Organic Girl? 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](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](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](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](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](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](https://iloveorganicgirl.com/wp-content/uploads/2019/05/EggTomatoToasts_Step6_Square.mp4)