

Things on Toast



Prep: 5-10 minutes

Cook: 0-10 mins

Yields: 2 serving

INGREDIENTS

- 4 slices of bread
- 1-2 tablespoons your choice of spread
- 1 cup your choice of protein
- 1 cup your choice of vegetable or fruit
- Toppings or condiments of your choice

INSTRUCTIONS

1. Slice, if necessary, and toast your choice of bread. You can toast your bread in a toaster, broil in the oven on low, or toast in a pan on the stovetop
2. Add your choice of spread: drizzle oil, spread butter, margarine, or cream cheese, or mash avocado onto toasted bread.
3. Add your choice of protein: use a fork to mash beans, peas, tuna, or spread hummus or nut butter onto toast.
4. Add some fiber! Sauté hardier greens such as bok choy, collards, or swiss chard and add to toast. Slice fresh radishes, turnips, carrots, cucumbers, or tomatoes and place on toast. Add fresh greens like lettuce, arugula, spinach, or sprouts.
5. Lastly, add toppings and additional flavor with seasoning, condiments, cheese, nuts, or sauces.
6. Enjoy!



Photo by Ella Olsson.

CHEF'S NOTES

Flatbread is another great choice for bread. Most bread, including flatbread, can be stored in the freezer and then toasted when you are ready to eat. Don't forget to slice any bread before storing it in the freezer!

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Toast can be a simple and healthy lunch, dinner, side, or snack packed with fresh vegetables, protein, flavorful toppings and spices.

Follow the flowchart below to build a healthy and filling snack or meal on toast. The flowchart creates 2 servings, but you can modify the volume of each category. See opposite side for instructions.



Photo by Gaby Yerden.

Bread

4 slices; toasted

- Sourdough bread
- Bagel
- Sprouted whole grain bread
- Rice cake
- Corn or flour tortilla

Spread

Pick 1; drizzle or spread on toast

- Vegetable oil
- Butter or margarine
- Avocado (sliced or mashed)

Protein

1 cup; mash or spread evenly on toast

- Canned tuna
- Beans (garbanzo, black, cannellini, etc.)
- Peas (frozen or fresh)
- Nut butter
- Hummus

Toppings

Add last for extra flavor

- Salt & pepper, cumin, cinnamon, or favorite spice
- Sesame, flax, or chia seeds, nuts
- Siracha, mayonnaise, mustard, or soy sauce
- Cheese (cotija, feta, cheddar, parmesan, etc.)

Veggie/Fruit

1 cup; place on toast

- Sautéed bok choy, kale, or swiss chard
- Fresh salad greens (arugula, spinach, & lettuce)
- Fresh, sliced radish, cucumber, carrot, or turnips
- Sliced tomatoes
- Berries, banana, apple or other fruit (fresh or frozen)