



Growing connections to fresh food.

Mushroom Toast

Inspired by FoodandWine.com

For more recipes: www.hopelink.org/need-help/food/healthy-recipes

Ingredients:

- 1/4 cup plus 2 TB olive oil or vegetable oil
- Four slices of thick bread
- 1 small onion, chopped
- 3 garlic cloves, thinly sliced
- 1 pound crimini or other mushrooms, sliced 1/4 inch thick
- Salt and pepper to taste
- Optional: 2 TB chopped parsley and 1/2 tsp chopped thyme

Method:

1. Toast bread and set aside.
2. In a large saucepan, heat 2 TB of olive oil over medium-high heat and cook onion and garlic for about 2 minutes, stirring frequently.
3. Add mushrooms and cook until the mushrooms are browned, around 8 minutes, stirring frequently.
4. Stir in optional parsley and thyme and season with salt and pepper.
5. Top the toasts with mushrooms and serve.



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