

Everything Egg Toast Delight



An option for a delicious, quick, and easy savory breakfast! Whether it's for weekday mornings or a relaxed weekend brunch, your taste buds will be satisfied with this delicious recipe for open-faced egg sandwiches.

Preparation 7 min

Cooking 10 min

Servings 2

Nutrition Facts (per serving)

Calories 225

Fat 11

Carbohydrates 19

Fibre 5

Protein 12

Sodium 265

Ingredients

- 2 slices of multigrain bread
- 2 eggs
- 30 ml (2 tablespoons) hummus ([homemade](#) or store-bought)
- A handful of chopped baby spinach
- 30 ml (2 tablespoons) low-sodium feta cheese, crumbled
- 1 sun-dried tomato, chopped

- Fresh herbs, to taste (chives, basil, parsley, etc.)
- 2.5 ml (½ teaspoon) Everything Bagel seasoning (see Note)

Note: If you don't have this spice blend, you can replace it with sesame seeds and dehydrated minced onions, or for another version, with a bit of sumac spice.

Preparation

1. Place the eggs in a saucepan filled with water and bring to a boil. Cook for 7 minutes, then rinse the eggs under cold water before peeling them (This step can be prepared in advance)
2. Toast the bread slices, then spread the hummus on top. Add the baby spinach, feta cheese, sun-dried tomato, fresh herbs, and Everything Bagel seasoning. Top with one egg per toast.



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