



MUSHROOM EGG TOAST

October 15

National Mushroom Day




INGREDIENTS

- 8 Slices Rustic Bread (at least 28 grams each; enriched or whole grain rich)
- 4 Tablespoons Unsalted Butter
- 4 Tablespoons Olive Oil
- 8 Cups Sliced Mushrooms
- 8 Eggs
- 8 Cloves Garlic (minced)
- 2 Teaspoons Dried Thyme
- Salt and Pepper (to taste)
- Fresh Parsley (chopped, for garnish)

DIRECTIONS

1. In a large bowl, combine the Greek yogurt, spices, salt, and lemon zest (if using). Mix well to ensure the spices are evenly distributed throughout the yogurt.
2. Add the sliced chicken to the bowl, making sure each piece is thoroughly coated with the yogurt marinade. Cover the bowl and refrigerate for at least 2 hours, or for even better flavor, marinate overnight. This allows the chicken to absorb all the delicious spices, making it tender and flavorful.
3. Heat a large, oiled pan over medium-high heat. Place the marinated chicken strips in the pan in a single layer and cook until they reach an internal temperature of 165° and cooked through. This should take about 5-7 minutes per side, depending on the thickness of the strips.
4. Serve your easy chicken shawarma hot.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

8 Toasts

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Toast	½ Toast	1 Toast	2 Toasts