



From the Kitchen of Executive Chef Jessica VanRoo

Spinach Mushroom Toast with Poached Egg and Yogurt Tahini Sauce

Serves 4

236 calories per serving

Description from Living Well UCI Health Blog: www.ucihealth.org/blog

The bold green color is a tell-tale sign that spinach is high in antioxidants, vitamins and minerals, especially iron, vitamin K, folate and calcium. A diet rich in spinach is known to lower oxidative stress and blood pressure while promoting eye health. It's also high in insoluble fiber that can help cleanse your digestive track.

Include a poached egg — a high-quality, low-calorie protein prepared without fat — and you get all the necessary amino acids to nourish your muscles, bones, skin, hair and immune system. Serve with mineral-laden baby portabella mushrooms on whole-grain bread and you have a potent fiber-rich meal to jump-start your day.

Even the sauce delivers health benefits: Yogurt is full of friendly bacteria that aid in digestion, as well as calcium and other minerals needed for bone and heart health. Tahini is made of toasted, ground sesame seeds, which have been shown to reduce blood pressure and bad cholesterol. They also are rich in phosphorus and manganese, minerals that promote bone health, as well as copper, which helps the body absorb iron.

Total cost: \$7.55/\$1.89 per serving



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Ingredients - Spinach Mushroom Toast with Poached Egg

- 4 whole eggs
- 1 teaspoon avocado oil
- 2 cloves garlic, minced
- 8 oz baby spinach
- 4 oz mushrooms, preferably baby bella, sliced
- 4 slices whole-grain bread, toasted

Ingredients - Yogurt Tahini Sauce

- 2 tablespoon tahini
- 4 teaspoons mustard
- 1 teaspoon turmeric
- 1 lemon, juiced
- 1/3 cup Greek yogurt
- Salt and pepper to taste



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Instructions - Eggs

1. Bring a large pot of water to a boil (add 1-2 tablespoons of vinegar if desired to help egg whites set faster).
2. Crack an egg into a ramekin or small bowl and set aside.
3. Stir boiling water with a wooden spoon to create a center vortex.
4. Pour egg into the vortex, cook 3 minutes.
5. Immediately remove the egg with a slotted spoon and serve.
6. To make ahead, place each cooked egg immediately in an ice-water bath. To reheat, submerge poached eggs in boiling water for about 30 seconds each and serve.

Instructions - Spinach and mushrooms

1. In a small bowl, mix sauce ingredients, season to your liking and set aside.
2. Heat a pan over medium-high heat, add oil when hot.
3. When oil is heated, add garlic, onions and mushrooms.
4. Stir and cook until onions release their liquid and start to brown.
5. Add spinach, cook just until leaves wilt.

To serve, spread a bit of sauce on toasted bread, add the spinach and mushroom mix, then top with poached egg, drizzle with extra sauce and enjoy!