

## Balsamic Thyme Mushroom Toast



### Ingredients:

- 1 cup mushrooms (your favorite type), wiped with a damp cloth and sliced into bite-sized pieces
- 3 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon honey or agave
- 1 clove garlic, chopped
- 1 tablespoon fresh thyme, or 2 tablespoons dried thyme
- 4 slices whole grain bread (try the quick homemade wheat bread recipe)

### Directions:

1. Heat olive oil in a large skillet on medium-high heat.
2. Place the chopped garlic in the skillet and sauté for 1 minute. Add the mushrooms and sauté for 2 more minutes.
3. Add the balsamic vinegar, honey or agave to the mushroom mixture. Make sure to coat all of the mushrooms with the mixture.
4. Add the thyme to mushrooms and vinegar mixture.
5. Toast the bread, and top with the mushrooms.
6. Serve with a green salad or your favorite soup.

Makes 2 Servings



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