

Sautéed Chard with Feta and Egg Toast

From the American Institute for Cancer Research

http://blog.aicr.org/2018/03/13/6-breakfast-toasts-to-kickstart-your-day/?_ga=2.121556875.264055177.1526306268-249043919.1524671231

Ingredients

- 1 slice whole grain bread, toasted
- 2 large chard leaves, chopped
- 1 teaspoon olive oil
- 1 teaspoon feta
- 1 hard-boiled egg, thinly sliced

Details

This toast variation is the perfect way to sneak vegetables into your breakfast. You can use any kind of chard, but I prefer Swiss chard to add a bit more color. Sauté the chard in olive oil (optional to add a squeeze of lemon, chopped garlic, or crushed red pepper flakes) until it is soft and reduced by about ¾ in size. Spread it atop your toast, sprinkle with feta, and top with a thinly sliced hardboiled egg. Dark leafy greens, including Swiss chard, are one of AICR's Foods that Fight Cancer due their content of carotenoids. In lab studies, carotenoids found in dark green leafy vegetables can inhibit the growth of certain types of cancer cells, including skin cancer, lung and stomach.

Note: change up your greens with this toast depending on what's available – it is also great with sautéed spinach or kale.

Makes 1 serving

Nutrition information per serving

Calories: 220	Dietary Fiber: 3 g
Total Fat: 12 g	Sodium: 260 mg
Saturated Fat: 3 g	Protein: 12 g
Cholesterol:	Carbohydrates: 16 g