



## ***Breakfast Crostini***

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### **Serves 2**

*Crostini, an Italian word that means “little toasts,” are usually served as an appetizer. These nutritious egg-and-vegetable crostini, however, are a great way to start your day.*

- 1 teaspoon light tub margarine
- 1/4 cup chopped button mushrooms
- 1 tablespoon minced fresh parsley
- 1 tablespoon minced green onions (green part only)
- 1/8 teaspoon pepper
- 3/4 cup egg substitute
- 4 slices light whole-wheat bread
- 1/4 cup chopped, seeded tomato

In a medium nonstick skillet, melt the margarine over medium heat, swirling to coat the bottom. Cook the mushrooms for about 2 minutes, or until tender, stirring frequently. Sprinkle with the parsley, green onions, and pepper. Reduce the heat to low. Pour the egg substitute into the skillet. Cook for about 2 minutes, or until the egg substitute is cooked and set, stirring frequently. Remove from the heat.

Toast the bread. Spoon the egg substitute mixture onto the toast. Cut in half diagonally. Sprinkle with the tomato.

### **Nutritional Analysis**

Calories	70
Fat	0.5g
Saturated Fat	0g
Monounsaturated Fat	0g
Cholesterol	0mg
Sodium	218mg
Carbohydrates	11g
Fiber	4g
Sugars	3g
Protein	7g

### **Diabetic Exchanges:**

Starches	1/2
Very lean meat	1