



Healed: My Journey

New Book

BY LINDA RALEIGH LANE
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Hummus Toast with Soft-Boiled Egg and Spinach

Servings: Servings: 1

- 1 slice artisan country white bread
- 1/4 cup fresh spinach, wilted
water
- 1 soft-boiled egg
ice
- 1 garlic clove, chopped
- 1 teaspoon olive oil
- 2 tablespoons Sabra Classic Hummus
red pepper flakes, for garnish
salt, to taste
pepper, to taste

Toast bread; set aside. Wash spinach; set aside.

Fill small saucepan with enough water to barely cover egg; bring to boil, cover and reduce heat. Cook egg 6 minutes, remove from heat and plunge into ice bath to stop cooking. Peel egg; set aside.

In medium skillet, saute chopped garlic in olive oil approximately 3 minutes; add spinach and stir 2 minutes, or until spinach begins to wilt. Remove from heat.

Spread toast with hummus. Add wilted garlic-spinach. Cut egg in half and place on top of spinach. Sprinkle with red pepper flakes, salt and pepper.

Source: Sabra

<https://sabra.com/>

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