

Spinach, Strawberry, and Mango Toast

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Ingredients	Quantity	Measure
Balsamic vinegar	¼	cup
Olive oil	⅓	cup
Orange zest	1 ½	teaspoons
Agave sweetener	1	tablespoon
Vegetable oil	3	tablespoons
Shallots	¼	cup
Garlic	2	tablespoons
Multigrain bread	12	slices
Spinach	10	ounces
Strawberries, sliced	1	pint
Mango, fresh, cut into ½” dice	1	pint
Basil, chiffonade	¾	cup

Preparation

1. Whisk balsamic vinegar, olive oil, orange zest, and agave together in a small bowl. Taste and adjust sweetness to your liking. Season with salt and pepper to taste. Set aside.
2. Heat vegetable oil in a large sauté pan over medium heat until shimmering. Add shallots and cook for 1-2 minutes until slightly softened. Add garlic and sauté for 1 minute. Add spinach and cook until just wilted, about 3 minutes.
3. Toast multigrain bread.

Serving Information

Add 1/3 cup of sautéed spinach to the toast. Fan strawberries over toast in an attractive pattern – you will use approximately 2 whole strawberries per toast, depending on the size of the strawberries. Add 2 tablespoon of diced mango to the toasts and drizzle 2 teaspoon of dressing over each toast. Garnish with chiffonade basil, about 1 tablespoon per toast.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 184 Total Fat: 8g Saturated Fat: 1g Monounsaturated Fat: 5g Polyunsaturated Fat: 1g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 26g Fiber: 4g Total Sugars: 8g Protein: 4.5g Sodium: 157mg
Vitamin A: 136µg Vitamin C: 33mg Calcium: 46mg Iron: 2mg Folate: 67µg

