

Cheesy broccoli toast

Love avocado toast? You have to try these! These cheesy broccoli toasts are quick, easy and super delicious!



Vegetarian



30 mins or less



Kid-friendly



PREP TIME
7 min



COOK TIME
5 min



SERVINGS
2

Ingredients

- 500 mL (2 cups) frozen broccoli
- 2 slices whole grain bread
- 1 mL (¼ tsp) red pepper flakes
- 2 mL (½ tsp) garlic powder
- 60 mL (¼ cup) light cheddar cheese, grated

Directions

1. Preheat oven to 400° F. Place frozen broccoli in a microwaveable bowl, cover with a plate and microwave on high for approximately 5 minutes. Allow to cool slightly then roughly mash with a fork. Add pepper flakes and garlic.
2. Lightly toast bread in oven or toaster. Place toast on a baking tray. Layer mashed broccoli mixture on each slice and evenly sprinkle the grated cheddar cheese over each slice.
3. Bake in the oven until cheese is melted and golden, approximately 5 minutes.

Tips

- ✓ **Get a head start.** You can make the broccoli mixture a day ahead. When ready to prepare, preheat oven and start with Direction #2.
- ✓ Have fresh broccoli in the fridge to use up? Place broccoli in a microwaveable bowl, with 2 tbsp water and microwave on high for approximately 5 min.
- ✓ Make a **double batch** of the broccoli mixture and freeze extras for up to two weeks. Warm in microwave before layering on toast and baking in oven.
- ✓ This recipe is great to use up any **dry or stale** bread to reduce food waste and save money.



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