

Savoury Toastie



5 minutes preparation
+ 2 - 3 minutes cooking

Ingredients

3 small mushrooms, finely chopped
½ cup baked beans (or 130g can)
**6 leaves English spinach or rocket,
washed and chopped**
4 slices multigrain bread
Olive or canola oil spray

Method

Microwave mushrooms on HIGH (100%) for 45 seconds and strain excess moisture. In a small bowl combine mushrooms, baked beans and spinach. Lightly spray sandwich maker with oil. Place two slices of bread on the base of the sandwich maker then divide the filling over the two slices. Top with two slices of bread and toast until heated through and golden brown.

Serves 2

Variation

Replace spinach and mushrooms with other vegetables.

