

## **Savoury French Toast Crouton Salad**

- 4 slices of bread, seeded rye or pumpernickel
- 2 – 3 eggs, lightly beaten with 2 teaspoons of milk or water
- sea salt and freshly ground black pepper
- 2 t butter
- 1 8 oz container baby bella mushrooms, sliced, sautéed until golden in a little butter
- 2 handfuls watercress (1 1/2 oz)
- 2 handfuls arugula (1 1/2 oz)
- 2 t olive oil
- 2 t seasoned rice vinegar
- freshly grated Parmesan as garnish

In a large bowl, mix watercress and arugula with olive oil and rice vinegar, seasoning with a tiny pinch of salt and pepper. Divide onto 2 plates.

In a shallow bowl, combine eggs, milk and a pinch of sea salt and black pepper. Soak bread in egg mixture until all the egg mixture has been absorbed.

In a large pan, over medium heat, melt butter and cook french toast, flipping after a minute or so until golden. Remove from pan onto cutting board and cut 2 of the 4 toasts into bite-sized croutons.

Dot salad plates with Savoury French Toast Croutons and half of the golden mushroom slices. Garnish with freshly grated Parmesan.

Serve the remaining whole slices of Savoury French Toast garnished with Parmesan, and the remainder of the golden mushrooms. Serves 2. You're in for a sugarless French toast treat — unless of course you just can't keep yourself from drizzling on a wee bit of maple syrup.

**Jittery Cook**