

Mushroom-Thyme Toasts

Serves 4; 2 toast triangles and 2 tablespoons mushroom filling per serving

Try these toasts when you want a tantalizing snack or appetizer or a sophisticated accompaniment to a soup or salad lunch.

Cooking spray

1 cup sliced fresh mushrooms, such as button, shiitake, wood ear, oyster, or a combination, stems removed from shiitakes

2 medium garlic cloves, minced

1 tablespoon minced fresh thyme

1 tablespoon water

1/8 teaspoon pepper

4 very thin slices whole-wheat bread, halved diagonally

2 tablespoons shredded or grated Parmesan cheese

Preheat the broiler.

Lightly spray a medium skillet with cooking spray. Cook the mushrooms and garlic over medium-high heat for 2 minutes, stirring frequently. Stir in the thyme, water, and pepper. Cook for 2 minutes, or until the mushrooms are tender, stirring frequently.

Arrange the bread triangles in a single layer on a baking sheet. Broil about 4 inches from the heat for about 1 minute, or until the tops are toasted. Turn over. Broil for about 1 minute, or until toasted. Remove from the oven. Spoon the mushroom mixture over each triangle. Sprinkle with the Parmesan. Broil for about 1 minute, or until the Parmesan is melted. Serve hot or warm.

Cook's Tip: To clean mushrooms, use a mushroom brush or wipe them with a damp cloth or paper towels. Never soak them in water, because they are very absorbent and may become mushy.

NUTRITION ANALYSIS (per serving)

Calories

52

Total Fat	1.0 g	
Saturated Fat		0.5 g
Trans Fat		0.0 g
Polyunsaturated Fat		0.0 g
Monounsaturated Fat		0.5 g
Cholesterol	2 mg	
Sodium	110 mg	
Carbohydrates	7 g	
Fiber		1 g
Sugars		1 g
Protein	3 g	

Dietary Exchanges: 1/2 starch

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