

Artichoke, Tomato, Edamame Spread Toast

Serving Size: 1 each

Makes: 6 servings

Ingredients:

1 cup	Edamame, shelled
5 TBSP	Basil
1 tsp	Garlic, minced
1 ½ tsp	Lemon Juice
½ cup	Olive Oil
¼ tsp	Salt
½ ea	Shallot
1 ½ cup	Cherry Tomatoes, halved
pinch	Black Pepper
1 ½ cup	Artichoke Hearts, quartered
6 slices	Whole Wheat Bread
2 each	Garlic Cloves
2 TBSP	Parmesan Cheese, grated

NUTRITION FACTS

PER SERVING

calories	320
total fat (g)	20
saturated fat (g)	3
trans fat (g)	0
sodium (mg)	440
total carbohydrate (g)	27
dietary fiber (g)	7
sugar (g)	4
protein (g)	10

 **RD APPROVED**

Preparation:

1. Place edamame, 1 TBSP basil, ¾ tsp garlic, lemon juice, 3 TBSP olive oil, and 1/8 tsp salt in a blender. Blend until smooth. Set aside.
2. Thinly slice shallot. Toss together shallot, ¼ tsp garlic, cherry tomatoes, 1/8 tsp salt, black pepper, and ¾ tsp olive oil. Roast in a 350°F oven for 15 minutes. Add artichokes and roast for another 10 minutes. Remove from oven.
3. Brush bread slices with olive oil and toast in a 400°F oven for 5 minutes. When cool enough to handle, rub with raw whole garlic cloves.
4. On each toast spread: 2 TBSP of edamame spread, 1/3 cup of artichoke/tomato mixture, 1/2 tsp parmesan cheese, and 1 tsp of basil.

RD TIP: look for the word “whole” in the ingredient list of your bread to ensure you’re getting whole grains



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