

## Baked Cheese Toast - A great way to use up old bread!

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|-----------------|---|
| +Butter         | 12 slices stale French Baguette or crusty bread   |
| +Whisk together | 1 egg<br>2 tablespoons mayonnaise<br>2 tablespoons milk<br>2 tablespoons grated Parmesan cheese<br>1 teaspoon Dijon mustard |
| +Arrange        | buttered bread in 13X9inch baking pan   |
| +Pour           | egg mixture over bread  |
| +Season         | with fresh ground pepper  |
| +Bake           | in 400-degree oven for 15 minutes   |

Spread Sweet Potato Smash on Baked Cheese Toast. Top with sautéed Collard greens, Kale or Rainbow Chard.

## Sweet Potato Smash

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|-----------------------|---|
| +Scrub                | 3 Sweet Potatoes or yams  |
| +Roast                | in 400-degree oven for 45 minutes until soft                            |
| +Cool+                |   |
| +Scoop with Spoon     | sweet potato pulp from skin   |
| +Place in small bowl+ |   |
| +Smash with fork+     |   |
| +Season with          | 1/2-teaspoon salt<br>1/4-teaspoon pepper<br>1/8-teaspoon cayenne pepper |
| +Juice                | 1 orange  |
| +Stir                 | all ingredients together  |
| +Spread               | on toast  |

Serve with an egg on top, toss 1 cup of smash with cooked pasta, or spread on baked cheese toast.