

# Smashed Broccoli Toast

## Diabetes Friendly

**Items Needed:** knife, cutting board, microwave safe bowl, fork

**Serves:** 1

### Ingredients:

- 1 piece of toast (your preference)
- ½ cup of chopped broccoli pieces
- 2 tbsp of water
- 2 garlic cloves
- Optional: Soft boiled egg, red pepper flakes

### Directions:

1. On a cutting board, roughly chop the broccoli and smash garlic with the side of your knife.
2. Place in a bowl with the water, a sprinkle of salt and microwave on high for 2 minutes. Cook in 1 minute intervals until easily smashed with a fork.
3. Remove the broccoli and garlic from the microwave and smash roughly with the back of a fork. Season with salt and pepper.
4. Place on the toast and enjoy. I enjoy this with eggs (hard boiled, soft boiled, fried) and a sprinkle of red pepper flakes.

**Nutrition Information: Will depend on bread nutritionals.**

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