

Creamy Garlic Mushrooms on Toast, 190 Calories *



Mushroom dish Diet

Prep time: 5 minutes Cook time: 10 minutes Total time: 15 minutes

- Flora - Pro Active Margarine, 15 g
- Garlic Clove, 1 Medium Clove (4g) (peeled and minced)
- 100g mushrooms, wiped and peeled if necessary (cut in to slices)
- Philadelphia - Soft Cream Cheese - Full Fat - Garlic and Herb, 20 g
- Warburtons - Medium Sliced White Bread, 1 slice (23.7g)
- salt and pepper to taste
- fresh parsley (for garnish)

Step 1 Put half the margarine into a frying pan and heat over medium heat, before adding the garlic; cook for 1 minute and then add the sliced mushrooms and cook over a low to medium heat for 5 to 7 minutes.

Step 2 Add the cream cheese and cook for a further 2 to 3 minutes, until the cream cheese has melted into the mushrooms. Season to taste with salt and pepper.

Step 3 Meanwhile, toast the bread and spread the remaining margarine over it - cut into 4 triangles and spoon the creamy garlic mushrooms over the top, and garnish with fresh parsley.

Step 4 Serve immediately.