

SAVOURY TOASTS

Ingredients

1 **white** baguette or small roll *use a brown one for more fibre*

½ onion

1 rasher streaky bacon

15g butter

100ml chopped tomatoes

pinch mixed herbs

40g cheese

Oven - Gas 4, 180 C

Method

1. Cut baguette down centre and fold out flat.
2. Chop onion and snip bacon.
3. Heat butter and cook onion and bacon for 2 mins.
4. Add tomatoes and herbs. Bring to the boil.
5. Reduce heat and simmer for 5 mins. Remove from the heat and leave to cool.
6. Grill baguette till golden brown on cut side.
7. Place topping mixture on top of the baguette.
8. Grate cheese and place on top.
9. Bake for 10 mins until cheese has melted