

Egg In A Hole

CHALLENGE

SERVES 1



Kitchen Skills

Using pots and pans,
using the stove top

Equipment

Non-stick frying pan or
skillet, cookie cutter (or
top of a glass), spatula,
measuring spoons



Shopping List & Notes



Ingredients

1 tsp olive oil
1 piece whole grain
bread
1 egg
2 pieces lettuce
or
½ cup spinach
Pinch pepper



Directions:

1. Heat non-stick pan or skillet on low heat.
2. Cut hole in the center of the bread. Use cookie cutter for a cool shape or the top of a glass for a circle.
3. Add olive oil, then bread, to the heated non-stick skillet.
4. Crack egg into the hole of the bread and sprinkle pepper on top.
5. Cook for about 1 minute on each side or until bread is golden and egg is cooked the way you like it.
6. Serve on a bed of lettuce or spinach.



Tip:

Cook spinach in the non-stick pan or skillet with toast if you prefer cooked spinach.

