

Egg in a Frame

Ingredients:

_____ large eggs (1 egg per person in group)

_____ T butter, softened (1T per person)

Salt and pepper to taste

_____ slices of bread, whole-grain



Directions:

_____ 1. Cut a small, circular hole in the middle of each slice of bread using the rim of a glass.

_____ 2. Melt the butter in the frying pan on medium-low heat.

_____ 3. Place bread in a nonstick skillet over medium –low heat.

_____ 4. Break eggs individually into a custard cup. Slip each egg in to the center hole of each slice of bread.

_____ 5. Fry 3-4 minutes on one side. Then use a spatula to gently turn the “egg in a frame” over. Fry 2 more minutes to the desired doneness. The egg whites should be completely set and the yolks thickened.

Eat and Enjoy!