

## Egg in a Bread Basket

An “egg-sactly” perfect breakfast!

1 serving

### Ingredients:

- 1 slice whole wheat bread
- 1 teaspoon margarine
- 1 egg

### Directions:

1. Make a hole in the center of the bread with a glass or cookie cutter. Save the “hole” for a snack. Spread margarine on both sides of bread.
2. Spray a small skillet with cooking spray and heat on medium. Place the bread in the skillet. Break the egg into a small dish and then pour into the hole in the bread. After the egg begins to bubble and cook, flip over the bread and egg together .
3. Cook until the egg is completely done. (The yolk will thicken.)  
Optional: salt, pepper, shredded cheese or ham.

**Nutrition Facts:** One serving provides 180 calories, 10g total fat, 215mg cholesterol, 250mg sodium, 14g total carbohydrate

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension  
Family Nutrition Program

**Kids a Cookin’**

www.kidsacookin.ksu.edu

### Chef’s Choice

Egg in a Bread Basket  
Orange Slices  
Milk

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