

Egg in a Bread Basket

An "egg-sactly" perfect breakfast!

 **Level:** Medium

Serves 1

Kids' Tool Kit

Cookie cutter
or small glass



Skillet

Knife

Small dish

Spatula

Chef's Choice

Egg in a Bread Basket
Orange slices
Milk

Ingredients:

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



Directions:

Remember to wash your hands!

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.



Helpful Hints: Cook eggs until they are done — slowly, over medium heat. For poached, sunny-side-up and fried-over-easy — like the eggs in this recipe — the white should be completely set and the yolk will be firm. If you watch to make sure the eggs are done, you'll know they are safe to eat.



Safety Tip: Don't use eggs that are cracked or broken; they may contain bacteria that could make you sick. Remember to put eggs in the refrigerator just as soon as you come home from the grocery store and use them within about three weeks. It's best to keep eggs in their original carton rather than in the compartment in the door. Every time you open the door, the temperature drops and the eggs don't keep as well.

Nutrition Facts

Serving Size 1 egg (83g)
Servings Per Container 1

Amount Per Serving

Calories 180 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 2.5g **12%**

Cholesterol 215mg **71%**

Sodium 250mg **10%**

Total Carbohydrate 14g **5%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 9g

Vitamin A 10% • Vitamin C 0%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 29g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.