

Egg Cooked in Toast

This is a quick easy recipe, for lovers of fried eggs on toast. It is a clever twist on usual fried eggs.

Makes: 2 servings

Prep Time: 5 minutes
Cook time: 6 minutes

Source: Adapted from Egg Cooked in Toast recipe | Eat Smarter USA

Ingredients

- 4 slices of whole wheat bread
- 4 eggs
- salt and pepper (to taste)
- unsalted butter

Utensils Needed

- Large pan or griddle
- Spatula
- Butter knife
- Cookie cutter or small glass

Directions

1. Lightly butter bread on each side. Using a small glass or cookie cutter, cut a hole in the middle of each slice of bread.
2. Preheat pan over medium heat. Place lightly buttered bread, and middle cut-outs in pan and cook until golden brown.
3. Crack egg into middle of bread cutouts. Allow to cook for 2 minutes. Flip bread slice with egg once. Finish cooking the eggs to your preferred taste (sunny side up, over easy, medium, etc.) Salt and pepper to taste.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 2 eggs with toast

Nutrients	Amount
Calories:	300
Total Fat:	12 g
Saturated Fat:	4.2 g
Cholesterol:	324 mg
Sodium:	414 mg
Total Carbohydrates:	28 g
Dietary Fiber:	4 g
Total Sugars:	3.1 g
Added Sugars:	0 g
Protein	19 g

SHOPPING LIST

Average total cost without oil and seasonings: \$4.33

Average cost/serving: \$2.16

Makes: 2 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Large eggs, 12 count



Add 1 to Cart
100% Whole Wheat Bread

SAVE TIME, SAVE MONEY

- Serve with your favorite fresh fruit for a more complete breakfast to start the day.
- The extra eggs can be used for all kinds of recipes. Check out our website SNAP-Ed New York (snapedny.org) for more ideas!

My Cooking Notes