



### Sunny Egg Face:

#### Ingredients:

5 eggs

2 tbsp milk (1 %)

1/8 tsp pepper

4 cherry tomatoes, sliced

½ small green or red pepper cut into strips

2 Tbsp. sliced black olives

½ c shredded cheddar or mozzarella cheese

¼ c chopped fresh parsley

#### Instructions:

1. Whisk eggs, milk and pepper in a small bowl
2. Spray a 10 inch skillet with cooking spray. Heat over medium-low heat. Pour in egg mixture, cover and cook, without stirring, until just set, 7-10 minutes. Slide omelet on to cutting board; let cool for a few minutes.
3. Cut four circles out of omelet using large (approximately 3 ½ inch/9cm) round cookie cutter. Create egg faces using cherry tomatoes, peppers,

olives, cheese and parsley in small bowls and let everyone create their own faces.

Yield: 4 servings (each "face" is a serving)

Serving Size: Each serving provides a meat/meat alternate at lunch/supper for children 3-5 years.