



Toad in a Hole

6 slices of whole grain bread

2T Butter

6 Eggs

1. Preheat large skillet to high heat
2. With a small biscuit cutter (or you can use the mouth of a small glass) remove centers from bread. Butter slices on one side only. Grill bread until lightly toasted.
3. Crack egg into each bread hole. (Be careful not to break the yolk).
4. Season with salt and pepper to taste.
5. Cook eggs until eggs are cooked to your desired consistency.

Yield: 6 servings

Serving size: Each serving provides a meat / meat alternate and a grains/bread for children 3-5 years old.