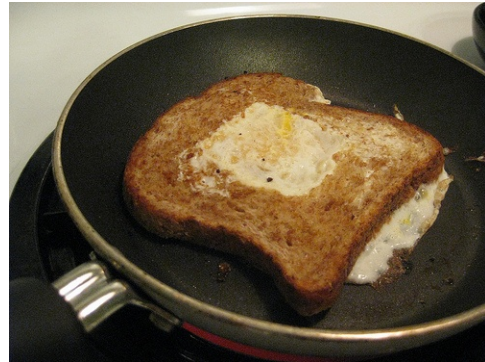


## Egg in a Frame

### Ingredients:

- 1 egg
- 1 slice of whole wheat bread
- Cooking spray



### Directions:

1. Place biscuit cutter in the middle of the bread and cut hole out of the center.
2. Crack egg in small bowl. If you like your eggs scrambled, you can beat the egg in a bowl, if you like them sunny side up or over easy, don't mix the egg.
3. Heat frying pan on medium.
4. Spray frying pan with cooking spray.
5. Put bread in heated pan.
6. Slide egg from small bowl into hole in center of bread.
7. Cook over medium heat for 3-4 minutes or until egg white has turned white and yolk is starting to firm.
8. Spray cooking spray on top of bread and egg.
9. Gently flip the bread and egg, using a spatula.
10. Cook until egg is completely firm and bread has toasted.

