

One-Eyed Jack

Prep Time

5 mins

Total Time

10 minutes

Servings

1

Cooking Tools

Drinking glass

Small bowl

Small nonstick pan

Heatproof spatula

Ingredients

1 slice whole-wheat or multigrain bread

2 tsp olive oil

1 large egg

Pinch of salt and black pepper

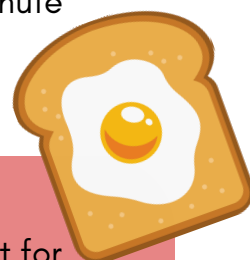


Instructions

1. Use the open mouth of the glass to cut a hole out of the center of the slice of bread. Set aside.
2. Crack the egg into the bowl gently, as not to break the yolk.
3. Put the pan on the stove and turn the heat to medium. When the pan is hot, add the oil, then lay the bread frame into it carefully.
4. Gently pour the egg into the hole, and season the egg with a pinch of salt and pepper.
5. Cook the bread frame until it has browned underneath and the egg in the hole has started to set, about 2 minutes, then carefully flip the whole thing. Cook the other side until the egg yolk is as firm as you like it — about 30 seconds to a minute longer.
6. Eat right away.

Food Fact

Eggs are one of the most affordable sources of protein, which are important for building bones, muscles, skin, and blood. They provide many nutrients that help keep your body healthy.



**Scan the QR code to cook along with
Shayla and her son, Wayland!**



Recipe from: www.chopchopfamily.org/recipe/one-eyed-jack
Food facts from: www.eatfresh.org/discover-foods/eggs