

Cain's Corner

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Nutrition Tips from USAPEEC's
Registered Dietitian



Egg in a Hole

This classic recipe is foolproof! Start off your day with satisfying protein from the delicious egg. I enjoy sourdough toast, but you could up the fiber with a slice of multigrain. To beef up this dish even more, try topping with avocado, shredded cheese, and a little salsa.

Ingredients:

1 slice of bread

1 egg

1 Tbsp olive oil

Salt and pepper

Your choice of garnish: hot sauce, fresh herbs, avocado, salsa, etc.



- 1) Use a drinking glass to cut a hole into bread.
- 2) Heat olive oil in a skillet over medium-low heat.
- 3) Place bread in oil and crack egg into the hole.
- 4) Cook roughly 45 seconds or until the egg sets. Sprinkle the egg with salt and pepper and let cook another minute.
- 5) Flip the toast, and add salt and pepper to the other side of the egg. Cook until desired yolk consistency and the bread is golden brown.
- 6) Serve with desired toppings!