

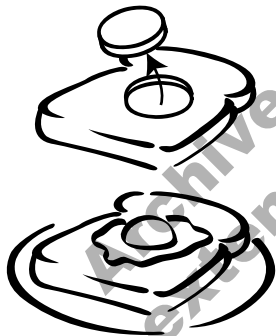


Toad in the Hole

Servings: 1

Ingredients:

- 1 slice whole-wheat bread or frozen whole-wheat waffle
- Nonstick cooking spray or margarine
- 1 egg



Directions:

1. Wash hands and surfaces.
2. Cut a hole in center of bread with a 2- to 3-inch cutter or drinking glass.
3. Heat a 10-inch skillet over medium-high heat. Melt margarine. Place slice of bread in skillet.
4. Break egg into hole. Immediately reduce heat to low.
5. Cook until bread is lightly browned, about 3 to 5 minutes. Turn over if desired.
6. Refrigerate leftovers immediately.

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Nutrition Facts

Amount Per Serving

Calories 140

Calories from Fat 50

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 215mg **72%**

Sodium 200mg **8%**

Total Carbohydrate 13g **4%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 10g

Vitamin A 6%

Vitamin C 0%

Calcium 4%

Iron 8%

Tips:

- Power up with this recipe for breakfast.
- This recipe has less fat and calories than a fast-food breakfast sandwich.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp/