



TOAD-IN-A-HOLE / EGG-IN-A-BASKET

This recipe has lots of different names. We call it toad-in-a-hole around here. A fun, twist on your standard toast with egg.

INGREDIENTS:

1 serving

- 1 slice of bread
- 1 Tbsp butter – or any butter substitute
- 1 egg
- salt/pepper

DIRECTIONS:

1. Butter both sides of a slice of bread
2. Cut a hole into the center of the bread using a small glass, cookie cutter or make a hole using a knife. Save the piece of bread that you cut out.
3. Heat a skillet on medium heat.
4. Place slice of bread in the skillet and gently crack a whole egg into the hole. Be careful not to break the yolk.
5. Toast the cut out piece of bread in the pan along with your slice of bread with the egg.
6. Once the egg sets on one side, about 3-5 minutes, gently and swiftly flip the slice of bread over. Cook for 1 more minute, if you like you egg runny. For a more well-done egg, cook for another 3-4 minutes.
7. Season with salt and pepper and enjoy!

For a vegan version – Use a vegan butter or olive oil. Spoon cooked sweet potato or squash to replace egg and cook in skillet until bread is toasted.

Veggie Toad-in-a-Hole

INGREDIENTS:

Serves 2

- 1 whole, ripe avocado or cooked whole baked sweet potato or large, whole tomato
- 2 eggs
- salt/pepper

- Optional garnish – cheese, chopped tomato or bacon

DIRECTIONS:

1. Preheat oven to 375
2. For the avocado - Cut in half lengthwise and remove pit. Slice a tiny sliver off the bottom of the avocado, so the 2 halves can sit steady and flat when face up. Widen the hole in each avocado by scooping out a little with a spoon. This will make a little more room to hold the egg.
3. For the tomato – cut a circle out of the top of the tomato and scoop out the inside, creating a well to hold an egg
4. For the sweet potato – slice a baked sweet potato in half, lengthwise. Scoop a hole out of the center, creating a well to hold the egg
5. Place avocado, sweet potato or tomato on a baking sheet or dish.
6. Crack a whole egg into the well of each half of the vegetable. Be careful not to break the yolk.
 - For the avocado, the egg white may spill over when you pour it into the hole. To control this a bit, you can separate the egg white into a separate bowl. Then, gently pour the egg yolk into the avocado hole and spoon in some of the separated egg white to fill the hole. Cook the extra egg white in a skillet on the side or toss it.
7. Bake in oven on 375 for 10-15 minutes, depending on how you like your egg. I prefer my egg runny, so I am looking for the egg white to turn from translucent to white. Watch carefully. Then minute the egg whites become white, take it out of the oven so you get that nice runny egg.
8. Sprinkle with salt and pepper Top with cheese, bacon, herbs, or everything bagel spice!