Egg in a Nest
Instead of serving an egg on toast, try serving it in toast. This breakfast classic is also known as Egg in a Saddle, Egyptian Egg, and One Eye.

INGREDIENTS
1 egg
1 slice bread
1 tablespoon butter

1. Break the egg into a bowl. Pick out any shell fragments and set the egg aside.
2. Using a 3-inch cookie cutter (circle, heart, star, or flower), cut a shape out of the piece of bread.
3. Melt the butter in a frying pan over medium heat.
4. Place the bread in the pan and fry it lightly on one side (you can also fry the cutout shape). Flip over the bread. Reduce the heat to low.
5. Have your child carefully pour the egg into the cutout hole in the middle of the bread.
6. Cover the pan and cook for 2 to 3 minutes or until the egg has set in the bread "nest." For an over-easy egg, your child can flip the egg and bread and cook it on the other side.
7. Serves 1.