

EGG-TASTIC POWER PACKS

Charge your batteries with these industrial-strength breakfast bowls!

MAKES: 4 servings

Ingredients

- Nonstick cooking spray
- 4 slices whole wheat bread
- 5 eggs
- 1 tablespoon water
- ¼ teaspoon salt
- 1 teaspoon butter
- ¼ cup chunky salsa
- ½ cup shredded reduced-fat cheddar cheese (2 ounces)
- ¾ cup grape tomatoes, each cut in half

Tools

Measuring cups, measuring spoons, shredder, cutting board, sharp knife, muffin pan with four 2½-inch muffin cups, hot pads, small bowl, fork, medium nonstick skillet, silicone or wooden spatula

Let's Make It!

- 1 Turn on the oven to 350°F. To make toast cups, coat the muffin cups with cooking spray. Carefully press each bread slice into a muffin cup. Bake 8 to 10 minutes or until lightly browned and crisp. Turn off oven. Use hot pads to remove muffin pan from oven and set aside.
- 2 Put eggs into the small bowl and beat with the fork. Add the water and salt. Beat with fork until combined.
- 3 Put butter in the skillet. Put on burner. Turn burner to medium heat. When butter melts and begins to bubble, add the egg mixture. Cook about 4 minutes or until no liquid remains, but eggs are still moist. Using the silicone or wooden spatula, stir about every 10 seconds. Remove from heat. Turn off burner.
- 4 Divide eggs among toast cups. Top with salsa, cheese, and tomatoes. Serve right away.

PER SERVING: 264 cal., 13 g fat (5 g sat. fat), 277 mg chol., 721 mg sodium, 24 g carb., 3 g fiber, 15 g pro.

 X1  X1  X½

KNOW IT!
The average hen in America produces 250 to 300 eggs each year.

