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Eggs in a Hole



[100% Whole Grain](#)

High fiber bread and a protein rich egg is a perfect combination for a satisfying breakfast. This meal will keep you full for hours. The reduced-fat cheese adds calcium while the tomatoes add vitamin C.

Total Time:

14
MIN

Number of Ingredients:

8

Servings:

4

Level:

Easy

Ingredients:

4 slices any Nature's Own Bread

2 plum tomatoes, chopped (about 1 cup)

1/8 teaspoon salt

1/8 teaspoon freshly ground black pepper

2 teaspoons unsalted butter

4 large eggs

1 cup reduced-fat Cheddar Jack shredded cheese

Nonstick cooking spray

Instructions:

In a small bowl, combine chopped tomatoes, salt and pepper; set aside.

Using a cookie cutter, cut out a hole in the center of each slice of bread. Spread 1/2 teaspoon butter on each cut bread slice.

Spray a nonstick skillet with nonstick cooking spray and heat over medium-high heat. Place buttered bread in the pan and gently place cracked egg in the center hole. Cook until egg sets and carefully flip over.

Sprinkle with 1/4 cup cheese and continue to heat until cheese is melted.

Place each egg-filled slice of bread on a plate and top with 1/4 cup chopped tomato mixture.

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