

## **French Toast:**

### Ingredients:

- 2 Eggs... well beaten
- 3-4 pieces of bread depending on the size.
- 3 Tablespoons Sugar
- 1 Teaspoon good Vanilla
- Butter... or cooking spray
- Optional Powdered Sugar for dusting.

### Directions:

1. Beat together the eggs, sugar, and vanilla.
2. Dip each slice of bread into the batter to coat both sides.
3. Drain off excess batter and cook on a hot griddle that has butter on it so that it will not stick.
4. Brown well on both sides.
5. Serve with warm maple syrup. You can dust with powdered sugar too.
6. The number of servings will also vary depending upon the size of your bread slices- I usually serve 2-3 slices per person.

## **Sausage and Egg Sandwich.**

If you toast some bread and put a cooked egg and sausage patty on it... it is really great. Make sure you butter your toast. If you want to top it with some cheese... that is super tasty too. 😊

## **Birds Eye Toast**

You just need bread, butter, and an egg and salt and pepper.

With a biscuit cutter or the rim of a glass, press a hole in the center of the slice of bread.

Next, heat a skillet over medium-low heat and melt a Tablespoon of butter in it. When the butter is all spread out, place the piece of bread in the skillet and crack the egg straight into the center of hole.

Cook for at least 30 seconds or so before attempting to move the bread or things could get messy. Sprinkle the egg with salt and pepper to taste. After about a minute, flip it over with a spatula and salt and pepper the other side.

Now move the whole piece of toast around the skillet, soaking up all of the glorious butter. Let it cook until the yolk feels, to the touch, still soft without feeling over-jiggly. Here's the key: golden brown toast, white (not brown/burned) whites, soft unbroken yolk.

Here's the other secret: just one of these suckers is all I need to feel whole, happy and free.

## **Country potatoes with Eggs and Toast is another favorite of my families.**

You can make the eggs however you would like... scrambled, or over easy, or over medium.

I like to make country potatoes simply by chopping 3 potatoes and adding about  $\frac{1}{4}$  of an onion. Cook these in olive oil until the potatoes are brown. If you feel like the onion is getting to brown, turn the heat down. Serve the country potatoes and eggs with a nice slice of buttered toast.

## **Frittata**

### **Ingredients:**

- 1/4 cup Extra Virgin Olive Oil
- 6 to 8 eggs
- 1/2 cup milk... or almond milk
- Chop 1/4 of an onion and add chop 3/4 cup of broccoli or other veggies that are included in your box... you can also cook pieces of sausage to add to the mix.
- If you like cheese, you can add 1/4 of your favorite cheese too.

### **Directions:**

- \* Preheat oven to 400 degrees.
  - Pour EVOO into oven-safe cast iron skillet and make sure to appropriately coat the sides.
  - On the stovetop, heat the pan for 2 minutes on medium high.
  - Meanwhile, whisk together the eggs milk. Add in vegetables and combine (1/4 cup sausage if you want)
  - Pour the mixture into skillet.
  - Heat for approximately 5 minutes until the sides of the frittata begin to cook.
  - Transfer the entire pan and its contents to your preheated oven and cook for 15-20 minutes until the liquid center has set. Be careful removing the skillet from the oven because the entire pan will be very hot
  - If you'd like a nice lightly browned crust, you can also put the pain under the broiler for a couple minutes towards the end of cooking.
- 
-