



# Fried Eggs

Makes: 5 child servings

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
5	eggs	5
pinch	salt	pinch
Optional:	pepper	

## Method 1:

1. Spray a pan with cooking spray and place over medium-high heat.
2. Break eggs into pan and reduce heat to medium-low. Season with salt and pepper (if using).
3. When egg is almost cooked, flip and continue to cook until egg white is no longer runny. Cook longer for a solid yolk.

## Method 2:

1. A simple method for shaping fried eggs is to use either Mason jar rings (lids) or egg rings. Cover each ring with cooking spray.
2. Spray a pan with cooking spray and place over medium-high heat.
3. Place rings around pans and break one egg into each ring.
4. Cover frying pan. Cook until eggs are solid, approx. 5 minutes.

Nutrition Information	
Serving 1 egg	
<b>Calories</b>	80
<b>Fat</b>	5 g
Saturated	1.5 g
+ Trans	0 g
<b>Sodium</b>	120 mg
<b>Carbohydrates</b>	0 g
Fibre	0 g
Sugars	0 g
<b>Protein</b>	6 g
Calcium	30 mg
Iron	0.5 mg

Food Guide Servings
½ Meat & Alternative