

## Egg in the Hole

1 egg

1 slice bread

Non- stick spray

Salt and pepper

Heat a small skillet over medium heat using some non-stick spray to keep the bread from sticking.

Cut a hole in the slice of bread and place the bread in the heated pan. Leave for a minute or so and then crack your egg and gently place in the hole.

Cook until done to your liking on medium low heat. I prefer mine over medium so I flip it bread and all but you can leave alone to have sunny side up.

Enjoy.