



EGG AND CHEESE TOASTS

September 15

National Cheese Toast Day

INGREDIENTS

- 2 Slices Bread (at least 28 grams each, enriched or whole grain rich)
- 1 Large Egg
- ½ Cup (2 ounces) Grated Cheese
- 1 Teaspoon Finely Chopped Fresh Herbs (like Thyme or Rosemary)
- Salt and Black Pepper

DIRECTIONS

1. Lightly toast bread.
2. Preheat oven to 400°.
3. Crack the egg into a small bowl and beat with a fork until the yolk and white are combined. Mix in the cheese and fresh herbs if using. Add salt and pepper as desired. Spread mixture over the bread all the way to the crusts.
4. Bake until the cheese and egg mixture is puffed, bubbly, and starting to brown, about 10 to 12 minutes.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

2 Slices

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Slice	½ Slice	1 Slice	2 Slices