Eggs in the Nest
Serves 3

Ingredients:
• 6 slices reduced fat cheddar cheese
• 6 slices of whole grain bread
• 2 tablespoons reduced fat butter, softened
• 6 eggs
• Salt and pepper to taste

Directions:
1. Place skillet on burner to preheat on medium high.
2. Use biscuit cutter or butter cup to cut holes in each slice of bread.
3. Butter slices of bread and place in skillet.
4. Crack an egg into each hole and grill until breads lightly toasted and the egg is cooked to desired consistency.
5. Place slice of cheese to melt on bread.
6. Remove bread from skillet and salt and pepper to taste.