



HANNAH'S WEEKEND EGGS

“This recipe can be changed to include whatever ingredients you like or have on hand. If you don’t like hot peppers, use a bell pepper; or when asparagus is plentiful in the spring, substitute that for the mushrooms. Basically, the recipe is just veggies that I have on hand, topped with an egg and my favourite cheese then enjoyed on toast.”

INGREDIENTS

- * butter
- * 1-2 mushrooms (sliced)
- * 1 jalapeño chopped (seeds removed)
- * 1 egg per person
- * 4-5 slices of cheddar cheese
- * small handful of spinach (or kale or other greens)
- * toast

INSTRUCTIONS

- * Prepare the ingredients while pan is warming up.
- * With the frying pan on medium heat, add butter. Then when butter starts to sizzle add sliced mushrooms.
- * Cook mushrooms until browned, then set aside.
- * Add more butter to pan if needed, then add chopped jalapeño and cook until soft.
- * Assemble veggies into a pile in the center of the pan, then create a well or indent in the middle.
- * Crack an egg into the well, then top with sliced cheese.
- * Add spinach to edges of pan, then cover and turn down the heat to low.
- * While eggs are cooking prepare toast.
- * Check the eggs by jiggling the pan. When the yolk is cooked to your preference, it is done.
- * Assemble on a plate by topping the toast (buttered of course) with spinach and mushrooms then place the egg on top. Enjoy with salsa!

*** Nutrition Tip: Eggs provide 14 important nutrients including vitamins A, D and E, folate, iron, zinc and choline. Eating eggs is good for your bones, teeth, skin and eyes.**