Egg In A Nest

1 (1-inch-thick) slice bread
1 large egg
1 tablespoon unsalted butter

1. In the center of the bread slice, cut a 2 inch hole.
2. Break the egg into a bowl and set aside. **Be sure to wash your hands after handling the raw eggs.**
3. Melt butter over medium high heat in a small skillet. Add the bread slice to the skillet.
4. Carefully pour the egg into the cut out hole in the middle of the bread slice. Cook until the bottom is golden brown, about 3 to 4 minutes. **Using a flat spatula, flip and cook until the second side is golden brown and both the yolk and white are firm (not runny).**
5. Add salt and pepper if you would like and serve immediately.

A bell pepper ring can be used in the place of bread. Just be sure to wash the bell pepper before using it with your eggs.

Additional Food Safety Notes Related To This Recipe

- Always start and finish with a clean work area by washing cutting boards, dishes, countertops, and cooking utensils with hot soapy water.

- Older adults, people with weakened immune systems, and people with chronic illnesses need to cook eggs until both the yolks and whites are solid or until the cooking thermometer reads 160°F.

- When shopping in the grocery store, eggs should be the last item to go into your cart. Go straight home after leaving the grocery store. If you need more time, pack a cooler with ice packs in your car to keep your cold food cold.

- Always store eggs in their original container on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Clean up any egg spills immediately and sanitize the area where they occurred in your refrigerator. Keep a thermometer in your refrigerator and be sure the temperature is no warmer than 40°F.

- Discard any eggs that have a broken or cracked shell.

- Keep food out of the "Danger Zone".

    - Raw eggs should not be out of the refrigerator for longer than 2 hours.

    - It is best to put any leftovers into the refrigerator within 1 hour.

Recipe Source
http://familyfun.go.com/recipes/egg-in-a-nest-687037/