

bird nest breakfast

by Buffy Owens



PHOTOGRAPHS BY THE AUTHOR

Recipe

Ingredients:

- 8 eggs
- ½ cup milk
- ½ cup shredded cheese
- ¼ cup diced carrots
- ½ cup chopped spinach
- ¼ cup diced bell peppers
- 6 slices of whole wheat bread
- salt and pepper

Equipment:

- spray release such as Pam®
- plastic knife
- muffin tin with 6 compartments



- rolling pin
- whisk

Let the children cut the crusts off 6 pieces of good quality whole wheat bread — use the plastic knife for this. Set aside. Combine 8 eggs, chopped and diced vegetables, milk, and cheese in a large bowl and whisk to incorporate. Add salt and pepper to your liking. Set aside.



Buffy Owens graduated from Colorado State University, and began her career in Early Childhood almost 40 years ago.

She has been an executive of two child care companies and now lives in Hawaii where she is the Vice President and Preschool Division Director for Kama'aina Kids. Buffy has a passion for the art of catering and food development and display and is a co-owner of a catering company. She enjoys, and thinks it is very important, to involve children in the beauty and flavors of foods.

Take a rolling pin and let the children roll out the bread slices (with crusts cut off). Make them as flat as possible. Spray the muffin tin inside each compartment. Place the rolled out bread inside each compartment and push gently to the bottom. Pour the egg and vegetable mixture into each muffin tin compartment which now is lined with bread. Bake for approximately 20 minutes at 350 degrees F.

Remove from oven and test for doneness by inserting a metal table knife into the egg mixture. If it comes out clean, it is done. If not, bake for a few more minutes. Remove from oven, let cool for a few minutes, and serve. Remove from muffin

tin before these are completely cooled so they do not stick as much.

The children can do the majority of this recipe. They can count the eggs, break them open into the bowl, measure the cheese, cut the crusts off of the bread (with the plastic knife), roll the bread out, and place the bread into the muffin tins.

Adults should dice and chop the vegetables and take the muffin tin in and out of the oven.

Serve with some fresh sliced fruit for a wholesome and fun breakfast.