



INGREDIENTS

- 12 Large Eggs
- ¾ Cup Red Onion (finely minced)
- 2 Tablespoons Green Chili or Jalapeno (finely minced)
- 1½ Teaspoons Ground Turmeric
- 3 Teaspoons Kosher Salt
- ¾ Cup Cilantro (finely chopped)
- 2 Cups Milk or Water
- 12 Slices Bread (at least 28 grams each; enriched or whole grain rich)
- ¾ Cup Ketchup
- 1½ Cups Cilantro Mint Chutney

DIRECTIONS

1. Whisk together onion, green chili, turmeric, salt, cilantro and milk in a wide bowl (big enough to fit the sliced bread). Add in the eggs and whisk for a minute.
2. Dip each slice of bread in the egg mixture and gently press down with a fork so the bread can absorb the egg mix. Flip the bread over and repeat on the other side.
3. Heat a non stick or cast iron pan and apply ½ teaspoon of oil. Carefully place the soaked bread on the pan. Spoon and spread over some extra onions from the egg mixture on top. Cook on medium heat for a minute or until the bottom side starts to turn golden brown.
4. Turn over and cook the other side for a minute until it becomes golden brown. Repeat with the remaining slices of bread.
5. Serve hot with ketchup and green chutney.

MEAL PATTERN CONTRIBUTION



Grain

MEAL TYPE



Breakfast

YIELD

12 Slices

PORTION SIZES

Toddler: ½ Slice

Preschool: ½ Slice

School Age: 1 Slice

Adult: 2 Slices