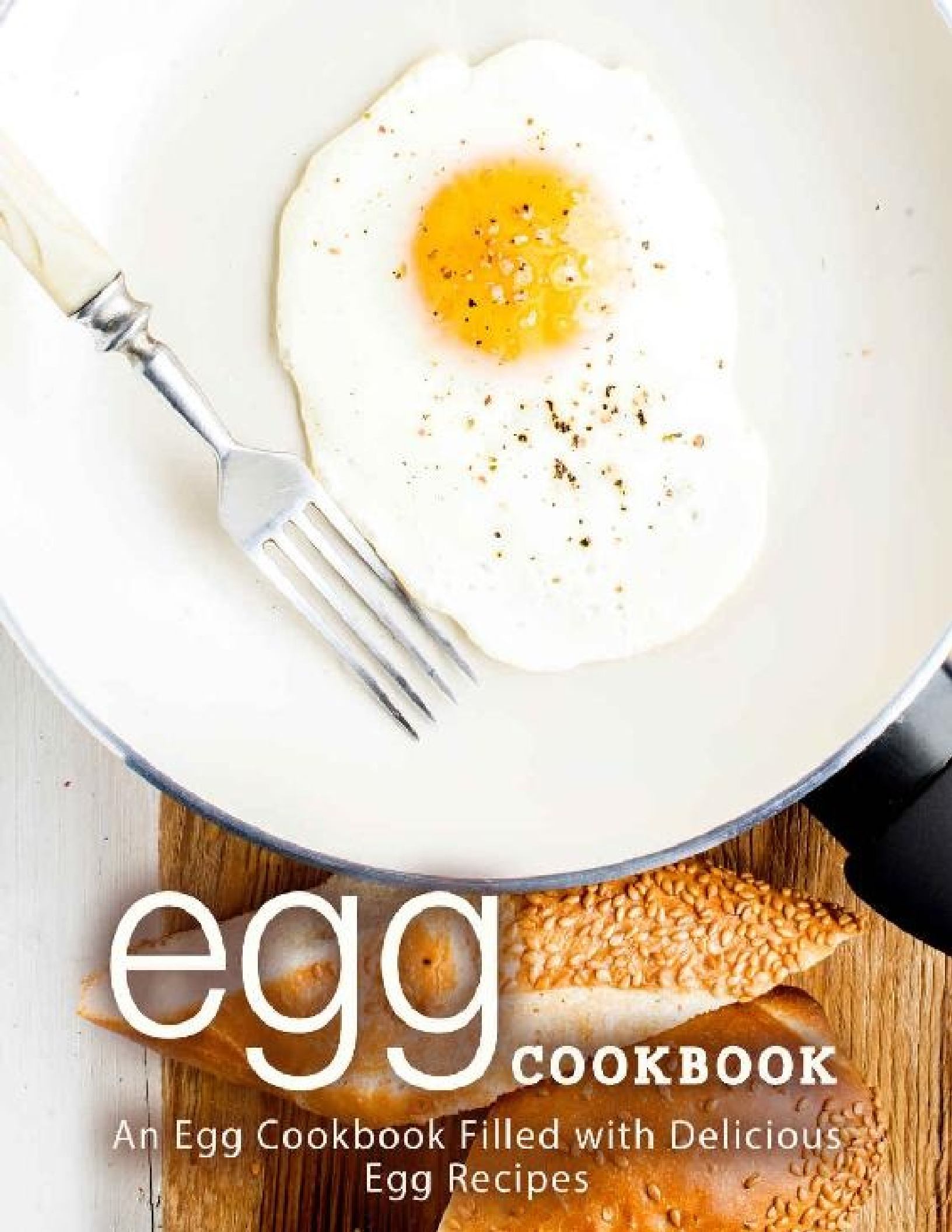




egg COOKBOOK

An Egg Cookbook Filled with Delicious
Egg Recipes

EGG COOKBOOK

AN EGG COOKBOOK FILLED WITH DELICIOUS EGG
RECIPES

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With simple ingredients, and even simpler step-by-step instructions BookSumo cookbooks get everyone in the kitchen cheffing delicious meals.

BookSumo is an independent publisher of books operating in the beautiful Garden State (NJ) and our team of chefs and kitchen experts are here to teach, eat, and be merry!

INTRODUCTION

Welcome to *The Effortless Chef Series*! Thank you for taking the time to purchase this cookbook.

Come take a journey into the delights of easy cooking. The point of this cookbook and all BookSumo Press cookbooks is to exemplify the effortless nature of cooking simply.

In this book we focus on cooking eggs. You will find that even though the recipes are simple, the taste of the dishes are quite amazing.

So will you take an adventure in simple cooking? If the answer is yes please consult the table of contents to find the dishes you are most interested in.

Once you are ready, jump right in and start cooking.

— **BookSumo Press**

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ANY ISSUES? CONTACT US

If you find that something important to you is missing from this book please contact us at info@booksumo.com.

We will take your concerns into consideration when the 2nd edition of this book is published. And we will keep you updated!

— BookSumo Press

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COMMON ABBREVIATIONS

cup(s)	C.
tablespoon	tbsp
teaspoon	tsp
ounce	oz.
pound	lb.

*All units used are standard American measurements



CHAPTER 1: EASY EGG RECIPES

MANHATTAN EGG AND CHEESE BAGELS

Ingredients

- 4 **bagels**, halved
- 2 tbsps. **butter**
- 8 **eggs**
- 1/2 tsp. **salt**
- 1/2 tsp. **pepper**
- 1/2 cup shredded cheddar **cheese**

Directions

- Spread butter on the sliced side of the 4 bagels and pierce holes to a size of about 1" diameter.
- Lay the buttered side facing downward in a skillet and heat well.
- Leave for 3 minutes until the bottoms are golden in color.
- Remove the bagels, cut-side facing downward into a parchment sheet.
- Crack each egg into the middle of the bagel halves. Sprinkle salt and pepper on top.
- Top up the eggs with cheese,
- Allow to cook in the oven for 12 minutes at a temperature of 400F until the eggs become firm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	30 mins
Total Time	40 mins

Nutritional Information:

Calories	540.3
Fat	21.6g
Cholesterol	402.1mg
Sodium	1131.8mg
Carbohydrates	57.1g
Protein	27.1g

* Percent Daily Values are based on a 2,000 calorie diet.



How to Boil an Egg

Ingredients

- 4 large **eggs**
- 1 tsp. **salt**
- 6 cups **water**

Directions

- Place the 6 cups of water in a saucepan and allow to boil.
- Stir in salt and allow to boil.
- With the use of an egg pricker or a fork to pierce the end of the egg.
- Insert into boiling water and boil for 6 minutes.
- Dip in cold water, break it and serve.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	2 mins
Total Time	7 mins

Nutritional Information:

Calories	143.0
Fat	9.5g
Cholesterol	372.0mg
Sodium	1326.0mg
Carbohydrates	0.7g
Protein	12.5g

* Percent Daily Values are based on a 2,000 calorie diet.

HOW TO PICKLE AN EGG

Ingredients

- 12 hard-boiled **eggs**, peeled
- 1 large empty sterilized glass **jar**
- 4 cups **vinegar**
- 1 tsp. **salt**
- 2 medium **onions**, chopped
- 1/3 cup **sugar**
- 1 tbsp. pickling **spices**

Directions

- Place the peeled eggs in a bowl.
- Put the rest of the ingredients into a saucepan and allow to boil for 6 minutes.
- Empty the mixture over the eggs in the bowl.
- Cover with wrap and leave overnight.
- Can be kept in the refrigerator for many weeks.
- Enjoy.

Servings per Recipe: 12

Timing Information:

Preparation	20 mins
Total Time	35 mins

Nutritional Information:

Calories	120.5
Fat	5.3g
Cholesterol	186.5mg
Sodium	258.1mg
Carbohydrates	7.8g
Protein	6.4g

* Percent Daily Values are based on a 2,000 calorie diet.

CRACKED TOMATO BAGUETTES

Ingredients

- 1 piece **baguette**, about 6-inch in length
- 1 tbsp. **mayonnaise**
- cracked black **pepper**,
- 1 medium **tomatoes**, sliced
- 1 -2 **egg**, hard-boiled and sliced

Directions

- Cut the baguette along the length.
- Rub with mayonnaise and sprinkle pepper on top.
- Place a layer of tomato followed by a layer of eggs on top.
- Place the top part of the baguette.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	15 mins
Total Time	15 mins

Nutritional Information:

Calories	186.1
Fat	5.5g
Cholesterol	186.0mg
Sodium	241.3mg
Carbohydrates	23.2g
Protein	11.1g

* Percent Daily Values are based on a 2,000 calorie diet.

6-MINUTE POACHED EGGS

Ingredients

- 1 large **egg**
- 1/8 tsp. white **vinegar**
- 1/3 cup **water**
- **salt** and **pepper**

Directions

- Pour white vinegar and water into a 6 oz. measuring cup.
- Crack the egg into the measuring cup. Take a toothpick to burst the egg yolk and use a plastic wrap to cover the dish.
- Cook for 2 minutes in a Microwave oven until done.
- Use a large spoon and quickly transfer the egg from water to serving dish.
- Season with salt and pepper.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	6 mins

Nutritional Information:

Calories	71.6
Fat	4.7g
Cholesterol	186.0mg
Sodium	73.4mg
Carbohydrates	0.3g
Protein	6.2g

* Percent Daily Values are based on a 2,000 calorie diet.



SHAKSHOUKA

(LEVANTINE SPICY EGGS)

Ingredients

- 3 tbsps olive **oil**
- 1 1/3 cups chopped **onion**
- 1 cup thinly sliced **bell peppers**, any color
- 2 cloves **garlic**, minced, or to taste
- 2 1/2 cups chopped **tomatoes**
- 1 tsp ground **cumin**
- 1 tsp **paprika**
- 1 tsp **salt**
- 1 hot **chile pepper**, seeded and finely chopped, or to taste
- 4 **eggs**

Directions

- Cook onion, garlic and bell peppers in hot oil for about five minutes or until you see that the vegetables have softened up.
- Add the mixture of chili pepper, tomatoes, salt, cumin and paprika into this pan before cooking it for another ten minutes.
- Make space for eggs in the mixture and cook these eggs by covering the pan, and cooking it for five minutes or until the eggs are firm.
- Serve.

Servings per Recipe: 4

Timing Information:

Preparation	Cooking	Total Time
20 mins	20 mins	40 mins

Nutritional Information:

Calories	209 kcal
Carbohydrates	12.9 g
Cholesterol	164 mg
Fat	15 g
Fiber	3.1 g
Protein	7.8 g
Sodium	654 mg

* Percent Daily Values are based on a 2,000 calorie diet.

COLLEGE BREAKFAST BURRITOS

Ingredients

- 2 **eggs**
- **salt** and **pepper**
- 1 flour **tortilla**
- 1/4 cup shredded cheddar **cheese**
- 1 tbsp. taco **sauce**

Directions

- Add salt, pepper and a bit of water into the eggs and beat well.
- Spray a skillet with a non-stick cooking spray.
- Fold in the eggs to the skillet and allow to scramble.
- Heat the flour tortilla on a stovetop for 2 seconds per side.
- Spread the eggs in the middle of the tortilla and sprinkle taco sauce and cheese on top
- Roll up and serve.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	358.4
Fat	21.2g
Cholesterol	401.6mg
Sodium	638.3mg
Carbohydrates	18.4g
Protein	22.0g

* Percent Daily Values are based on a 2,000 calorie diet.

MESA DEVILED EGGS

Ingredients

- 6 large hard-boiled **eggs**
- salt and black **pepper**
- 2 tbsps. real **mayonnaise**
- 1 tsp. prepared yellow **mustard**
- 2 diced **gherkins**
- 1 sliced **jalapeno**
- **paprika**

Directions

- Cool the eggs and remove the shells; cut into halves.
- Separate the egg yolks from egg whites into a bowl.
- With the use of a fork pound the yolk until partially smooth.
- Stir in 2 tbsps. of Mayonnaise, gherkins, mustard, salt and jalapeno and combine well.
- Place the mixture into a sealable bag, secure the seal and nip off a corner of the sealable bag.
- Pour the mixture through the corner of the bag into egg whites.
- Sprinkle paprika on top of the egg whites.
- Refrigerate for 2 to 2 1/2 hours until chilled prior to serving.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	15 mins
Total Time	35 mins

Nutritional Information:

Calories	81.3
Fat	5.3g
Cholesterol	186.5mg
Sodium	261.1mg
Carbohydrates	1.3g
Protein	6.4g

* Percent Daily Values are based on a 2,000 calorie diet.

EASIER EGG FOO YUNG

Ingredients

- 1 (3 ounce) packages ramen **noodles**
- 3 tbsps. **butter**, divided
- 2 large **eggs**
- 2 green **onions**, chopped
- 1/2 tsp. sesame **oil**
- 1/2 tsp. **soy sauce**
- 1/2 tsp. **baking powder**

Directions

- Follow the package instructions to cook the noodles. Remove excess water with the use of a colander.
- In a bowl beat the eggs, seasoning, onions, soy sauce, sesame oil and baking powder with the use of a fork. Stir in the noodles.
- In a frying pan heat the butter.
- Place the noodle mixture in the frying pan.
- Continuously turn the noodles with a spatula for about 3 minutes, until egg is done
- Turn again and leave for 2 minutes.
- Can be eaten with egg foo yung sauce or soy sauce.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	12 mins

Nutritional Information:

Calories	851.7
Fat	59.6g
Cholesterol	463.5mg
Sodium	2531.6mg
Carbohydrates	57.6g
Protein	22.7g

* Percent Daily Values are based on a 2,000 calorie diet.

How to Make Egg Noodles

Ingredients

- 2 cups **flour**
- 3 **egg** yolks
- 1 **egg**
- 2 tsps. **salt**
- 1/4-1/2 cup **water**

Directions

- In a bowl, place the flour and make a dent in the middle. Add the egg, egg yolks and salt.
- Combine the mixture thoroughly with the use of your hands.
- Add 1 tbsp of water at a time and combine well.
- Flour a wooden board and place the dough on it; knead for about 12 minutes, then leave it covered for 10 minutes
- Separate the dough into four portions.
- Roll the dough on the floured wooden board into thin rectangles, keep the balance dough covered with a wet cloth.
- Slice the dough into 1/8" cross wise strips.
- Pat dry with a towel for about 2-3 hours.
- Once dry break into strips.
- Add 1 tbsp salt to 3 quarts of boiling water and cook for 13-16 minutes until done.
- Drain the excess water using a colander.
- Enjoy.

Servings per Recipe: 10

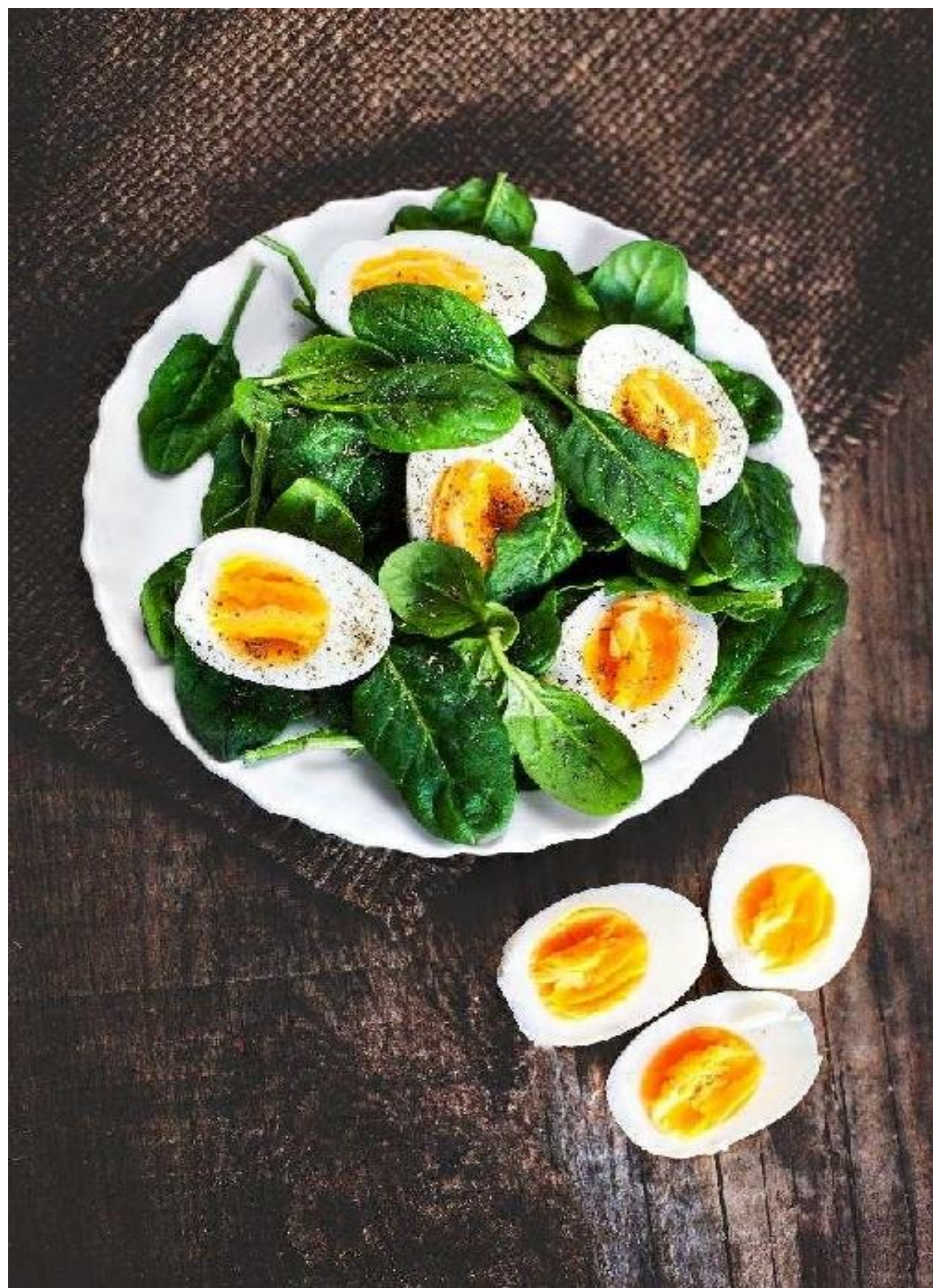
Timing Information:

Preparation	1 hr
Total Time	1 hr 12 mins

Nutritional Information:

Calories	112.9
Fat	1.9g
Cholesterol	68.4mg
Sodium	475.0mg
Carbohydrates	19.2g
Protein	3.9g

* Percent Daily Values are based on a 2,000 calorie diet.



EASIEST SCOTCH EGGS

Ingredients

- 1 lb. ground lean **pork**
- 1/2 tsp. **salt**
- 1 tsp. rubbed **sage**
- 1/2 tsp. **pepper**
- 1/2 tsp. **thyme**
- 1/8 tsp. **clove**
- 4 large **eggs**, hard boiled
- **flour**
- 1 large **egg**
- 2 cups dry **breadcrumbs**

Directions

- Combine the pork or turkey with salt, sage, pepper, thyme and cloves and separate into 4 similar quantities.
- Hard boil the eggs for 10 minutes.
- Peel the eggs and put them in cold water. Then coat the peeled eggs in flour.
- Cover each egg entirely with a part of meat.
- Whisk the kept aside large egg.
- Insert each egg in the whisked egg and season with fine dry bread crumbs.
- Leave in the refrigerator for about 1 hour.
- Cook on a parchment sheet in the oven at a temperature of 400F for 35 minutes until golden brown in color.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	1 hr 30 mins
Total Time	2 hrs.

Nutritional Information:

Calories	602.9
Fat	32.9g
Cholesterol	314.2mg
Sodium	838.5mg
Carbohydrates	39.6g
Protein	34.2g

* Percent Daily Values are based on a 2,000 calorie diet.

TAIWANESE STYLE EGG DROP SOUP

Ingredients

- 3 cups chicken **broth**
- 1/2 tsp. **salt**
- 2 tbsps. cold **water**
- 1 tbsp. **cornstarch**
- 1 **egg**
- 1 **scallion**, with tops, chopped

Directions

- Pour the chicken broth into a saucepan and allow to boil.
- Stir in 1/2 tsp salt and combine well.
- In a bowl, mix the cornstarch and water; add to the broth in the saucepan.
- Whisk the egg and add a little of the broth. Stir in the mixture to the broth and continue to stir all along. Cook until the mixture becomes thick.
- Serve garnished with scallion.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	5 mins
Total Time	15 mins

Nutritional Information:

Calories	111.9
Fat	4.4g
Cholesterol	93.0mg
Sodium	1738.8mg
Carbohydrates	5.7g
Protein	10.6g

* Percent Daily Values are based on a 2,000 calorie diet.



HARD BOILED EGGS FOR THE PARTY

Ingredients

- 12 **eggs**
- **water**

Directions

- Insert the 12 eggs into a saucepan and cover with water up to about 1".
- Cover with lid and allow to boil
- Transfer from heat. Keep aside to cool for about 12 minutes.
- Wash off with cold water and dip in ice water for a few minutes.
- Enjoy.

Servings per Recipe: 12

Timing Information:

Preparation	5 mins
Total Time	15 mins

Nutritional Information:

Calories	71.5
Fat	4.7g
Cholesterol	186.0mg
Sodium	71.0mg
Carbohydrates	0.3g
Protein	6.2g

* Percent Daily Values are based on a 2,000 calorie diet.

DEEP EGG SALAD SANDWICHES

Ingredients

- 6 **eggs**, hard cooked, cooled and diced
- 1/4 cup **butter**, melted
- 1/2 cup Miracle **Whip**
- 1/4 tsp. **salt**
- 1/4 tsp. Lawry's Seasoned **Salt**
- 1/8 tsp. garlic **salt**
- 1/8 tsp. celery **salt**
- 1/4 tsp. dill weed
- 16 slices **bread**

Additional:

- 2 tbsps. **onions**, chopped
- 1/2 cup **celery**, chopped
- 1/4 cup pickle **relish**
- 1/2 cup green **olives**

Directions

- Combine the eggs, miracle whip, butter and seasonings.
- Keep the mixture refrigerated until ready to use.
- Apply the spread on one slice of bread and place another slice on top.
- Add the other ingredients as desired.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	10 mins
Total Time	20 mins

Nutritional Information:

Calories	298.7
Fat	15.2g
Cholesterol	158.9mg
Sodium	761.3mg
Carbohydrates	31.3g
Protein	8.8g

* Percent Daily Values are based on a 2,000 calorie diet.

How to Make a Custard Pie

Ingredients

- 1 (9 inch) unbaked **pie shells**, deep dish
- 3 **eggs**, beaten
- 3/4 cup white **sugar**
- 1/4 tsp. **salt**
- 1 tsp. **vanilla** extract
- 1 **egg** white
- 2 1/2 cups scalded whole **milk**
- 1/4 tsp. ground **nutmeg**
- 3 drops yellow food **coloring**

Directions

- First set the oven to 400F.
- Combine the sugar, eggs, vanilla and salt. Stir in the milk. If you require more color stir in a little food coloring.
- Rub egg white on the sides and bottom of the pie shells. Fold in the custard mixture and sprinkle nutmeg on top.
- Cook for 42-52 minutes in the oven.
- Transfer to rack and allow to cool.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	20 mins
Total Time	55 mins

Nutritional Information:

Calories	263.6
Fat	11.7g
Cholesterol	77.3mg
Sodium	256.0mg
Carbohydrates	32.9g
Protein	6.5g

* Percent Daily Values are based on a 2,000 calorie diet.

SWEET EGG BASED COOKIES

Ingredients

- 1 cup **butter**
- 1 1/2 cups **sugar**
- 6 **egg** yolks
- 2 1/2 cups all-purpose **flour**
- 1 tsp. **baking soda**
- 1 tsp. cream of **tartar**
- 1 tsp. **vanilla** extract
- 1/2 tsp. **lemon** extract
- 1/2 tsp. **orange** extract
- 1 pinch **salt**

Directions

- Mix sugar and butter in a bowl and whisk until smooth.
- In another bowl whisk the egg yolks, salt and extracts.
- Add the egg mixture to the sugar mixture and combine well.
- Combine all the dry ingredients in another bowl and mix well.
- Stir in the dry ingredients mixture into the egg/sugar mixture.
- Shape the mixture into balls similar to walnuts.
- Brush the balls with sugar. Grease a cookie sheet, place the balls on the sheet and flatten slightly.
- Cook in the oven for 12 minutes at 350 degrees F until done.
- Enjoy.

Servings per Recipe: 60

Timing Information:

Preparation	10 mins
Total Time	20 mins

Nutritional Information:

Calories	70.8
Fat	3.5g
Cholesterol	24.7mg
Sodium	51.5mg
Carbohydrates	9.0g
Protein	0.8g

* Percent Daily Values are based on a 2,000 calorie diet.

TWIN CITY EGG SANDWICH

Ingredients

- 1 large **egg**
- **salt** and **pepper**
- 1 slice of processed cheddar **cheese**
- 1 hamburger **bun**
- prepared **mustard**

Directions

- Grease a skillet with butter and break the egg into the skillet.
- Pierce the yolk and allow to cook; turn on to the other side and cook for a few minutes
- Season with salt and pepper.
- Remove from heat.
- Put the cheese slice on top and allow it to melt.
- Toast the bun using the skillet to your preference.
- Apply mustard on the bun and lay the egg inside.
- Serve with salads.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	2 mins
Total Time	7 mins

Nutritional Information:

Calories	304.3
Fat	15.9g
Cholesterol	215.4mg
Sodium	450.8mg
Carbohydrates	21.9g
Protein	17.3g

* Percent Daily Values are based on a 2,000 calorie diet.



WESTCOTT PANCAKES

Ingredients

- 2 **eggs**
- 1 **banana**
- **cooking spray**

Directions

- Puree the bananas and beat the eggs into the bananas.
- Spray oil on a skillet and allow to heat. Fold the batter into the skillet and cook for 32 seconds on each side.
- Serve with maple syrup.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	10 mins

Nutritional Information:

Calories	248.0
Fat	9.9g
Cholesterol	372.0mg
Sodium	143.1mg
Carbohydrates	27.6g
Protein	13.8g

* Percent Daily Values are based on a 2,000 calorie diet.

4 STREET PARK EGGS FOR EASTER

Ingredients

- 1/4 lb. **butter**, softened
- 8 ounces cream **cheese**, softened
- 2 lbs. confectioners' **sugar**
- 1 1/2 cups **peanut butter**
- 1 1/2 tsp. **vanilla**
- 1/2 tsp. **salt**
- 20 -23 ounces milk **chocolate** chips

Directions

- Combine the cream cheese with butter and mix well.
- Gradually add the sugar and stir well.
- Stir in vanilla, peanut butter and salt and blend well.
- Refrigerate the mixture and leave for 60 minutes.
- Shape the mix into egg shapes and leave in the refrigerator once again for 60 minutes.
- Place the chocolate in a microwave safe bowl and microwave until melted.
- Coat the bottom of the eggs in chocolate mixture., then coat the top as well.
- Spread the eggs on a parchment paper lined pan to set the chocolate.
- Insert each egg into a paper muffin cup.
- Sprinkle the eggs with pastel jimmies or Easter sprinkles.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	1 hr 30 mins
Total Time	3 hrs.

Nutritional Information:

Calories	373.1
Fat	19.0g
Cholesterol	22.3mg
Sodium	176.6mg
Carbohydrates	47.4g
Protein	5.5g

* Percent Daily Values are based on a 2,000 calorie diet.

CHIVE SCRAMBLE

Ingredients

- 6 large **eggs**
- 3 tbsps. **butter**, diced
- 2 tbsps. **crème** fraiche
- ground sea **salt** and **pepper**
- 3 **chives**, snipped
- 3 slices , rustic **bread**

Directions

- Crack the eggs into a heavy skillet and place on a low heat, add 1 1/2 tbsp of butter. Continuously mix the egg whites with the yolks.
- Stir in the balance butter.
- Slightly toast the 3 slices of bread.
- Stir in the crème fraiche to the eggs and lastly add the chives
- Spread the scrambled eggs on the toast and serve.
- Enjoy.

Servings per Recipe: 3

Timing Information:

Preparation	5 mins
Total Time	10 mins

Nutritional Information:

Calories	279.3
Fat	24.7g
Cholesterol	416.2mg
Sodium	247.1mg
Carbohydrates	1.0g
Protein	12.8g

* Percent Daily Values are based on a 2,000 calorie diet.

4-INGREDIENT AMERICAN FRIED RICE

Ingredients

- **rice**
- 1 -2 tbsp. **butter**
- 3 -4 **eggs**
- **salt** and **pepper**

Directions

- Place the butter in a frying pan and allow to melt.
- Stir in the rice and allow to heat.
- Combine the rice with the butter.
- In a bowl beat the eggs and fold into the frying pan.
- Scramble the eggs.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	2 mins
Total Time	7 mins

Nutritional Information:

Calories	158.1
Fat	12.8g
Cholesterol	294.2mg
Sodium	157.1mg
Carbohydrates	0.5g
Protein	9.4g

* Percent Daily Values are based on a 2,000 calorie diet.



EGGS IN A BOAT I

Ingredients

- **egg**
- **bread**
- **butter**
- **salt and pepper**

Directions

- With the use of a drinking glass cut a round in the middle of the slice of bread.
- Spray a Nonstick cooking spray on a frying pan and allow to heat.
- Lay the slice of bread in the frying pan.
- Place 1/2 tsp. of butter in the center.
- Break an egg into the middle of the bread with the hole.
- Once the egg is set, flip the slice of bread onto the other side ensuring not to damage the yolk.
- Add seasonings.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	1 min
Total Time	4 mins

Nutritional Information:

Calories	0.0
Fat	0.0g
Cholesterol	0.0mg
Sodium	0.0mg
Carbohydrates	0.0g
Protein	0.0g

* Percent Daily Values are based on a 2,000 calorie diet.

VEGETARIAN EGG SALAD

Ingredients

- 2 lbs. firm **tofu**
- 1/2 cup soy **mayonnaise**
- 3 tbsps. Dijon **mustard**
- 1 tsp. cayenne **pepper**
- 1/2 tsp. **turmeric**
- 2 tbsps. chopped **parsley**
- 1 tbsp. chopped **dill**
- 1/2 cup green **onion**, diced
- **salt** and **pepper**

Directions

- Drain the firm tofu.
- Slice the tofu into quarters, use paper towels to wrap the tofu.
- Leave in the refrigerator for 25 minutes.
- In a bowl puree the tofu using a wooden spatula.
- Combine the tofu with the rest of the ingredients.
- Serve chilled.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	371.0
Fat	31.8g
Cholesterol	10.4mg
Sodium	314.5mg
Carbohydrates	6.7g
Protein	19.7g

* Percent Daily Values are based on a 2,000 calorie diet.

ANA'S MOZZARELLA SOUFFLÉS

Ingredients

- 6 **eggs**
- 1/3 cup **milk**
- garlic **salt**
- ground black **pepper**
- mozzarella **cheese**, shredded

Directions

- Place eggs, garlic salt, milk and pepper in a bowl and leave aside.
- Take three ramekins and spray with a cooking spray. Stuff the ramekins half full with the mozzarella cheese. Fold in the egg mix into the ramekins.
- Lay the ramekins on a parchment sheet and leave in the oven for 35 minutes at a temperature of 375F.
- Serve warm.
- Enjoy.

Servings per Recipe: 3

Timing Information:

Preparation	10 mins
Total Time	40 mins

Nutritional Information:

Calories	160.3
Fat	10.5g
Cholesterol	375.7mg
Sodium	155.2mg
Carbohydrates	1.9g
Protein	13.4g

* Percent Daily Values are based on a 2,000 calorie diet.



5TH GRADER'S LUNCH SANDWICH

Ingredients

- 1 **egg**
- 2 tsps. **margarine**
- 2 slices **bread**
- 1 tbsp. **Cheez Whiz**
- **salt** and **pepper**
- red **pepper** flakes

Directions

- Add margarine or butter into a skillet and heat until melted.
- Stir in the egg without breaking the yolk and allow to fry for a few minutes.
- Sprinkle black pepper, salt and pepper flakes on top of the egg.
- Turn the egg onto the other side. Pierce the egg yolk gently with a fork.
- Add the Cheez Whiz on top of the slice of bread.
- Place the egg on top of the slice of bread and top the sandwich with the other bread slice.
- Transfer the egg filled slices into the skillet and toast until golden in color, turn on to the other side and grill for a few minutes.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	317.6
Fat	17.4g
Cholesterol	198.3mg
Sodium	685.4mg
Carbohydrates	27.2g
Protein	12.1g

* Percent Daily Values are based on a 2,000 calorie diet.

GRANDMA'S EGGS FOR FEBRUARY

Ingredients

- 1/4 lb. **butter**, softened
- 8 ounces cream **cheese**, softened
- 2 lbs. confectioners' **sugar**
- 1/4 tsp. **salt**
- 1 1/2 tsp. **vanilla**
- 15 ounces flaked **coconut**
- 20 -23 ounces semi-sweet **chocolate** chips
- 28 -30 unsalted **almonds**

Directions

- Combine the cream cheese with butter. Microwave for 47 seconds until soft.
- Stir in the sugar gradually, vanilla and salt.
- Fold in the coconut and combine well.
- Leave in the freezer for 25 minutes.
- Remove from the freezer and shape similar to eggs.
- Lay the eggs on a parchment sheet covered with foil.
- Place 2 nuts on each egg and press lightly.
- Heat the chocolate in a boiler and allow to melt.
- Coat each egg bottom in the chocolate and place on a platter.
- Rub melted chocolate on top of each egg.
- Gently ease out the eggs with a sharp blade and place on a parchment sheet lined with foil.
- Leave in the freezer for the chocolate to harden.
- Insert the eggs into paper muffin cups.
- Cover with foil and leave in the refrigerator.
- Enjoy.

Servings per Recipe: 28

Timing Information:

Preparation	1 hr 30 mins
Total Time	3 hrs.

Nutritional Information:

Calories	358.0
Fat	17.1g
Cholesterol	17.6mg
Sodium	122.0mg
Carbohydrates	53.7g
Protein	2.1g

* Percent Daily Values are based on a 2,000 calorie diet.

CHINESE STEAMED EGGS

Ingredients

- 2 medium **eggs**
- **water**, for steaming

Directions

- If the eggs have been kept in the refrigerator take them out and allow them to get into room temperature.
- Steam the 2 eggs in a steamer on high heat for 14 minutes.
- Leave for 17 minutes to come to room temperature and rinse with cold water.
- Peel and serve.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	17 mins

Nutritional Information:

Calories	125.8
Fat	8.3g
Cholesterol	327.3mg
Sodium	124.9mg
Carbohydrates	0.6g
Protein	11.0g

* Percent Daily Values are based on a 2,000 calorie diet.

EGG SALAD CHICAGO

Ingredients

- 1 (3 ounce) packages cream **cheese**, very soft
- 1/4-1/3 cup **mayonnaise**
- 1 tsp. prepared **mustard**
- 1 pinch **dill**
- 8 hard-boiled **eggs**, chopped
- 1 **celery** rib, diced
- 2 green **onions**, chopped
- 1/3-1/2 cup green pimento stuffed **olive**
- seasoning **salt** & ground black **pepper**
- **Tabasco** sauce

Directions

- Mix the cream cheese, mayonnaise, mustard and dill in a bowl.
- Add the chopped hard-boiled eggs, green onion, celery and olives and combine well; adjust seasonings with Tabasco sauce, salt and pepper.
- Cover with wrap and leave in the refrigerator for 2 hours and 15 minutes.
- Enjoy.

Servings per Recipe: 5

Timing Information:

Preparation	2 hrs.
Total Time	2 hrs.

Nutritional Information:

Calories	231.9
Fat	18.3g
Cholesterol	320.2mg
Sodium	256.1mg
Carbohydrates	5.1g
Protein	11.3g

* Percent Daily Values are based on a 2,000 calorie diet.



PICKLED EGG SALAD

Ingredients

- 2 (6 ounce) cans **tuna**
- 6 hard-boiled **eggs**
- 1/4 cup pickle **relish**
- 3/4 cup **mayonnaise**
- 1 small **onion**, chopped
- 1 tsp. **garlic** powder
- 1/2 tsp. **salt**
- 1/2 tsp. dill **weed**

Directions

- Smash the eggs with a fork.
- Mix all the ingredients in a bowl and combine well.
- Leave in the refrigerator.
- Serve with crackers.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	45 mins
Total Time	55 mins

Nutritional Information:

Calories	268.1
Fat	12.2g
Cholesterol	312.0mg
Sodium	542.1mg
Carbohydrates	8.4g
Protein	29.6g

* Percent Daily Values are based on a 2,000 calorie diet.

FRESNO SCRAMBLE

Ingredients

- 1 ripe **avocado**
- 1 hard-boiled **egg**
- 2 tbsps. **mayonnaise**
- 1 tsp. **garlic** powder
- **salt** and **pepper**
- **paprika**
- **parsley**
- 1/8 tsp. **lemon** juice

Directions

- Slice the ripe avocado into pieces.
- Chop the hardboiled egg and combine with avocado.
- Stir in the balance ingredients.
- Leave in the refrigerator for a few minutes.
- Serve with salads.
- Sprinkle paprika on top of the salad.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	10 mins
Total Time	20 mins

Nutritional Information:

Calories	262.0
Fat	22.3g
Cholesterol	97.0mg
Sodium	143.4mg
Carbohydrates	13.5g
Protein	5.5g

* Percent Daily Values are based on a 2,000 calorie diet.

BUTTER BAKED SCRAMBLED BREAKFAST

Ingredients

- 1/4 cup melted **butter**
- 12 **eggs**
- 1 tsp. **salt**
- 1 1/4 cups **milk**

Directions

- First set the oven to 350F.
- Melt the butter and pour into a casserole dish.
- Add salt to the eggs and whisk well in a bowl.
- Stir in the milk.
- Fold in the mixture to the casserole dish. Leave in the oven without a cover for 12 minutes.
- Remove from the oven, stir then cook for a further 17 minutes until eggs are done.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	10 mins
Total Time	30 mins

Nutritional Information:

Calories	243.3
Fat	19.0g
Cholesterol	399.4mg
Sodium	622.0mg
Carbohydrates	3.0g
Protein	14.3g

* Percent Daily Values are based on a 2,000 calorie diet.

DIJON CRÈME SCRAMBLE

Ingredients

- 12 large **eggs**
- 3 tbsps. **herbs**, chopped
- 1 tsp. **salt**
- 1/2 tsp. ground black **pepper**
- 3 tbsps. **crème** fraiche
- 2 tbsps. Dijon **mustard**
- 2 tbsps. **butter**
- 3 **tomatoes**, peeled, seeded, diced, and drained

Directions

- Crack the 12 eggs into a bowl; keep aside two yolks in another bowl. Stir in the salt, pepper and herbs into the first bowl.
- Mix the crème fraiche and mustard to the two egg yolks.
- Add the butter into a frying pan and allow to melt. Stir in the eggs in the first bowl and cook until creamy and thick in consistency.
- Stir in the tomatoes and egg yolk mixture into the frying pan and combine well. Transfer from the heat.
- Garnish the eggs with herbs and serve.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	5 mins
Total Time	10 mins

Nutritional Information:

Calories	217.7
Fat	16.4g
Cholesterol	392.4mg
Sodium	626.0mg
Carbohydrates	3.7g
Protein	13.5g

* Percent Daily Values are based on a 2,000 calorie diet.



CREAMY BAKED EGGS

Ingredients

- 8 slices **bread**, cubed
- 1 cup shredded sharp cheddar **cheese**
- 1 cup shredded Monterey jack **cheese**
- 10 **eggs**
- 2 cups **milk**
- 2 tsps. dry **mustard**
- 2 tsps. **dill**
- 1 tsp. **sugar**
- 1 tsp. **baking powder**
- 1/2 tsp. white **pepper**
- **salt**
- 1/2 small yellow **onion**, chopped

Additional

- **chives**
- green **pepper**
- red **pepper**
- orange bell **pepper**
- yellow bell **pepper**
- **mushroom**
- **broccoli**

Directions

- Grease a baking tray.
- Lay the cubed slices of bread and sprinkle cheese on top.
- Whisk the eggs until soft and creamy.
- Stir in the balance ingredients.
- Spread the mixture over the bread mixture and leave in the refrigerator for 24 hours.
- Cook in the oven at a temperature of 350F for 52 minutes until done.
- Enjoy.

Servings per Recipe: 12

Timing Information:

Preparation	10 mins
Total Time	1 hr

Nutritional Information:

Calories	207.7
Fat	12.1g
Cholesterol	178.9mg
Sodium	303.6mg
Carbohydrates	11.6g
Protein	12.6g

* Percent Daily Values are based on a 2,000 calorie diet.

STOCKHOLM SCRAMBLE

Ingredients

- 4 **eggs**
- 4 ounces cream **cheese**, cut into chunks
- 1 tbsp. **dill**, chopped
- 1 dash **garlic** powder
- **salt** and **pepper**

Directions

- Whisk the eggs in a bowl.
- Stir in the pieces of cheese, garlic powder and dill. Adjust seasonings with salt and pepper.
- Use a cooking spray to spray a frying pan and heat well.
- Fold in the egg mixture into the frying pan and lower the heat. Continuously scramble until done.
- Serve warm.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	5 mins
Total Time	10 mins

Nutritional Information:

Calories	338.6
Fat	28.9g
Cholesterol	434.4mg
Sodium	324.7mg
Carbohydrates	3.3g
Protein	16.0g

* Percent Daily Values are based on a 2,000 calorie diet.

MESA MEETS KERALA STUFFED EGGS

Ingredients

- 4 hard-boiled **eggs**
- 1 tsp. Dijon **mustard**
- 1 tbsp. **mayonnaise**
- 1/2 tsp. **curry** powder
- 1 pinch cayenne **pepper**
- **salt & pepper**

Directions

- Slice the 4 hardboiled eggs into halves, extract the yolks and insert them into a bowl.
- Leave aside the whites.
- Stir in the mayonnaise, mustard, cayenne pepper, salt, pepper and curry powder to the yolks.
- Spread the yolk mix evenly among the kept aside whites.
- Cover with a plastic wrap and leave in the refrigerator for 1 or 2 days.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	187.1
Fat	13.2g
Cholesterol	374.9mg
Sodium	204.9mg
Carbohydrates	3.3g
Protein	12.8g

* Percent Daily Values are based on a 2,000 calorie diet.

BUTTERY HARD-BOILED TOAST

Ingredients

- 5 tbsps. **butter**
- 4 tbsps. **flour**
- 2 cups **milk**
- 1/2 tsp. **salt**
- 1/4 tsp. white **pepper**
- 1/8 tsp. ground **nutmeg**
- 3 hard-boiled **eggs**, chopped
- 3 -4 slices **bread**, to toast
- **butter**

Directions

- Heat the butter until melted in a skillet.
- Fold in the flour.
- When hot add the milk gradually.
- Stir in the salt.
- Beat until bubbly and thick in consistency.
- Transfer from heat and add the chopped hard-boiled eggs.
- Toast the slices of bread and butter them.
- Spread the slices of bread on plates and layer the egg mixture on top.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	15 mins
Total Time	35 mins

Nutritional Information:

Calories	685.1
Fat	47.1g
Cholesterol	390.2mg
Sodium	1239.3mg
Carbohydrates	43.3g
Protein	22.2g

* Percent Daily Values are based on a 2,000 calorie diet.



BIRMINGHAM SANDWICHES

Ingredients

- 1 English **muffin**
- 1 **egg**
- 1 slice light **cheese**
- 1 strip **bacon**, cooked
- **salt** and **pepper**

Directions

- Slightly toast the muffin.
- Add a tbsp. of water and egg into a microwaveable dish of a similar size to the muffin.
- Whisk the egg and stir in the strip of bacon.
- Leave in the microwave for 3 minutes until the egg is done.
- Piece together the muffin and allow to sit for 2 minutes so that the cheese is melted.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	1 min
Total Time	4 mins

Nutritional Information:

Calories	200.8
Fat	5.7g
Cholesterol	186.0mg
Sodium	277.3mg
Carbohydrates	25.5g
Protein	11.3g

* Percent Daily Values are based on a 2,000 calorie diet.

BACKROAD SCRAMBLE

Ingredients

- 3 **eggs**
- 1/4 cup cottage **cheese**
- **salt** and **pepper**
- **butter**

Directions

- Place the 3 eggs, 1/4 cup of cottage cheese and seasonings in a food processor.
- Process until smooth in consistency.
- Melt the butter in a skillet.
- Fold in the egg mixture into the skillet.
- Do not stir but allow the eggs to scramble without being dry.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	5 mins
Total Time	10 mins

Nutritional Information:

Calories	132.9
Fat	8.2g
Cholesterol	283.4mg
Sodium	202.0mg
Carbohydrates	1.4g
Protein	12.3g

* Percent Daily Values are based on a 2,000 calorie diet.



MARIA'S VERSATILE MUFFINS

Ingredients

- 8 **eggs**
- 1/2 lb. **sausage**
- 1 cup cheddar **cheese**
- **salt** and **pepper**

Enhancements

- bell **pepper**, **mushrooms**, **onions**, **spinach**

Directions

- Brown the meat and discard the excess fat.
- Whisk the eggs in a bowl.
- Stir in cheese, optional ingredients, salt and pepper.
- Grease a muffin pan and pour the mixture until two thirds full.
- Cook in the oven at a temperature of 350F for 35 minutes until done.
- Enjoy.

Servings per Recipe: 12

Timing Information:

Preparation	20 mins
Total Time	50 mins

Nutritional Information:

Calories	146.1
Fat	11.7g
Cholesterol	144.8mg
Sodium	278.1mg
Carbohydrates	0.8g
Protein	8.8g

* Percent Daily Values are based on a 2,000 calorie diet.

4-INGREDIENT EGGS BENEDICT

Ingredients

- 3 **eggs**
- 1 -3 tbsp. dried **dill**
- **salt**
- **pepper**

Directions

- Fry the eggs or scramble them.
- Adjust seasonings with salt and pepper.
- Sprinkle dried dill on top and serve.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	1 mins
Total Time	5 mins

Nutritional Information:

Calories	222.3
Fat	14.4g
Cholesterol	558.0mg
Sodium	219.4mg
Carbohydrates	2.8g
Protein	19.4g

* Percent Daily Values are based on a 2,000 calorie diet.

ARTISANAL HANDMADE PASTA

Ingredients

- 1/2 cup tapioca **flour**
- 1/2 cup **cornstarch**
- 3 tbsps. potato **starch**
- 3/4 tsp. **salt**
- 4 1/2 tps. xanthan **gum**
- 3 large **eggs**
- 1 1/2 tbsps. vegetable **oil**

Directions

- Add flours, xanthan gum and salt into a bowl.
- Whisk the eggs slightly and stir in the oil.
- Combine the egg mixture with the flour mixture.
- Form a dough ball with the mixture and knead for 2 minutes.
- Dust a breadboard with potato starch and roll to be as lean as possible.
- Form shapes as required.
- Slice thin strips for spaghetti and fettuccine.
- Add salt and 1 tbsp of oil into boiled water and cook the pasta for 14 minutes.
- Use a colander to drain and rinse with cold water.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	20 mins
Total Time	30 mins

Nutritional Information:

Calories	124.3
Fat	5.8g
Cholesterol	93.0mg
Sodium	329.9mg
Carbohydrates	14.0g
Protein	3.5g

* Percent Daily Values are based on a 2,000 calorie diet.

HOUSE FRIED RICE

Ingredients

- 12 ounces boneless skinless **chicken breasts**
- 4 **eggs**
- 4 dried shiitake **mushrooms**
- 1 **onion**

Sauce:

- 1/2 cup **water**
- 4 tbsps. **soy sauce**
- 3 tbsps. **mirin**
- 1 tbsp. **sugar**
- 5 cups cooked **rice**
- **cilantro**

Directions

- Slice the boneless skinless chicken breasts into lean pieces,
- Add the mushrooms into mildly hot water and soak until soft. Chop the hard stems and slice into two.
- Chop the onion into thin pieces.
- Chop the cilantro into pieces.
- Combine all the sauce ingredients in a frying pan, cover with lid and allow to boil.
- Stir in chicken, onion and mushrooms and cook for 5 minutes until the meat is done.
- Whisk the eggs in a bowl, then fold over the chicken and keep the bowl covered with lid.
- Leave for 1-2 minutes on a reduced flame until the eggs are firm.
- Garnish with cilantro.
- When serving place 1 1/4 cup of rice in a bowl and top up with a layer of about 1/4 of the chicken mixture.
- Pour the sauce over the ingredients and serve warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	20 mins
Total Time	30 mins

Nutritional Information:

Calories	516.6
Fat	7.5g
Cholesterol	240.4mg
Sodium	1247.8mg
Carbohydrates	75.5g
Protein	32.5g

* Percent Daily Values are based on a 2,000 calorie diet.



ASIAGO EGG SOUFFLÉ

Ingredients

- 3 tbsps. frozen **spinach**, thawed
- 3 tbsps. **artichoke** hearts, minced
- 2 tps. **onions**, minced
- 1 tsp. red bell **pepper**, minced
- 5 **eggs**
- 2 tbsps. **milk**
- 2 tbsps. heavy **cream**
- 1/4 cup shredded cheddar **cheese**
- 1/4 cup Monterey jack **cheese**, shredded
- 1 tbsp. parmesan **cheese**, shredded
- 1/4 tsp. **salt**
- 1 (8 ounce) packages Pillsbury Refrigerated Crescent Dinner **Rolls**
- 1 tbsp. **butter**, melted
- 1/4 cup asiago **cheese**, shredded

Directions

- First set the oven to 375F.
- Add the spinach, onion, artichoke hearts and bell pepper in a bowl and combine well. Stir in 2 tbsp of water, use a plastic wrap to cover and pierce a few punctures in the wrap. Leave in the Microwave for 4 minutes on high.
- Whisk 4 eggs in a second bowl. Stir in milk, cheddar cheese, cream, Parmesan, Jack Cheese and salt. Add the artichoke hearts, spinach, bell pepper and onion.
- Cook the egg mixture in the Microwave for 35 seconds on high and combine well. Repeat this about 5 times until the eggs are scrambled.
- Unravel and separate the dough into quarters.
- Grease a few ramekins with melted butter. Place the dough in the bottom of each ramekin, then place a layer of egg mixture. Top up with 1 tbsp of shredded asiago cheese.
- Whisk the balance egg in a 3rd bowl, brush the dough on each

ramekin with the whisked egg mixture.

- Cook in the oven for 30 minutes until the dough turns a slight brown. Transfer from oven and allow to cool for 10 minutes, then gently ease out the soufflé from each dish.
- Serve warm.

Servings per Recipe: 4

Timing Information:

Preparation	20 mins
Total Time	45 mins

Nutritional Information:

Calories	388.5
Fat	20.4g
Cholesterol	294.9mg
Sodium	639.6mg
Carbohydrates	32.4g
Protein	18.2g

* Percent Daily Values are based on a 2,000 calorie diet.

MENNONITE PICKLED EGGS

Ingredients

- 1 cup cider **vinegar**
- 1 cup **beet** juice
- 1/2 cup brown **sugar**
- 1 tsp. **salt**
- 6 hard-boiled **eggs**, shelled
- 1 (15 ounce) cans small round **beets**

Directions

- Add cider vinegar, beet juice, brown sugar and salt into a saucepan and boil for 6 minutes.
- Allow the mixture to cool and fold over the hard-boiled eggs and round beets. Cover with plastic wrap and leave overnight in the refrigerator.
- Slice the eggs into halves or into four and serve.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	15 mins
Total Time	15 mins

Nutritional Information:

Calories	186.9
Fat	5.4g
Cholesterol	186.5mg
Sodium	511.7mg
Carbohydrates	26.0g
Protein	7.5g

* Percent Daily Values are based on a 2,000 calorie diet.

IVY LEAGUE FRIED EGGS

Ingredients

- 1 tbsp. olive **oil**
- 1 tbsp. **lemon** juice
- 3 cups **mushrooms**, sliced
- 1 **onion**, chopped
- 2 -4 **garlic** cloves, chopped
- 4 -6 **eggs**
- **salt**,
- ground black **pepper**,
- 1 tbsp. **basil**, chopped

Directions

- Add oil and lemon juice into a skillet and gently fry the onion, mushrooms and garlic until soft.
- Stir in the eggs, adjust seasonings and allow to fry for a few minutes. At the time of setting gently flip over.
- Fold the egg mixture into individual dishes and sprinkle chopped basil on top.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	17 mins

Nutritional Information:

Calories	127.1
Fat	8.3g
Cholesterol	186.0mg
Sodium	75.1mg
Carbohydrates	5.4g
Protein	8.3g

* Percent Daily Values are based on a 2,000 calorie diet.

VENICE BEACH BRUNCH

(VIDALIA SCRAMBLE)

Ingredients

- 4 large **eggs**
- 1 tbsp. olive **oil**
- 1/4 cup chopped sweet **onion**
- 1 medium plum **tomato**, diced
- 2 -4 tbsps. chopped **cilantro**
- kosher **salt**
- black **pepper**, ground
- 1/4 cup shredded low-fat cheddar **cheese**

Directions

- Beat the eggs with 2 tbsps. of water if using eggs. This step is not required if you are using the egg substitute.
- Heat olive oil in a frying pan.
- Place the chopped sweet onion in the frying pan and sauté for 6 minutes.
- Stir in cilantro, tomato, 1/2 tsp. of salt and pepper and increase the heat to high.
- Cook for 2 minutes until the mixture is dry.
- Combine the eggs gently with a non-stick spoon and cook for 4 minutes.
- Allow to cook for 2 minutes more and sprinkle cheese on top.
- Serve warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	15 mins
Total Time	30 mins

Nutritional Information:

Calories	122.6
Fat	8.8g
Cholesterol	212.9mg
Sodium	114.6mg
Carbohydrates	2.1g
Protein	8.2g

* Percent Daily Values are based on a 2,000 calorie diet.



SCOTCH EGGS 101

(BREADED HARDBOILED EGGS)

Ingredients

- 5 medium free-range **eggs**
- 225 g good quality **sausage** meat
- 2 tbsps. chopped **herbs**
- 1 tbsp. chopped spring **onion**, green onion
- 1/2 tsp. **mace**
- 1/4 tsp. mixed **spice**
- 2 tbsps. plain **flour**
- 75 g white **breadcrumbs**
- **salt** and **pepper**
- **oil**

Directions

- Place 4 eggs in cold water and allow to boil for 6 minutes. Rinse with cold water.
- Whisk the remaining egg in a bowl. Place the plain flour in another bowl and add seasonings. Place the white breadcrumbs in a 3rd bowl.
- Place the sausage meat in a fourth bowl and stir in herbs, spring onions and mace. Using your hands combine the mixture well and separate into 4 parts. Peel the shells off the eggs and roll in the flour with seasonings. Flatten and wrap the sausage meat around each egg and dust with breadcrumbs.
- Pour about 5cm oil into a skillet and heat well.
- Add the eggs and leave until well browned for 12 minutes. Drain the excess fat and allow to cool.
- The eggs can be kept refrigerated until ready to use.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	15 mins
Total Time	25 mins

Nutritional Information:

Calories	314.6
Fat	20.8g
Cholesterol	245.1mg
Sodium	532.1mg
Carbohydrates	12.9g
Protein	17.2g

* Percent Daily Values are based on a 2,000 calorie diet.

WINNEBAGO MORNING WRAPS

Ingredients

- 1/4 cup A.1. Original **Sauce**, divided
- 1 tbsp. extra-virgin olive **oil**
- 1/2 tsp. granulated **garlic**
- 1/2 tsp. **thyme** leaves
- 8 ounces sirloin **steaks**
- 2 **eggs**, cracked and whisked
- 2 pinches sea **salt**
- 1/2 tsp. red **pepper** flakes
- 1 tbsp. **butter**
- 4 low-carb garden veggie **wraps**
- 1/4 cup **mayonnaise**
- 1/2 cup **spinach** leaves
- 4 cherry **tomatoes**, sliced
- 2 ounces goat **cheese**

Directions

- Place half of the sauce, garlic, olive oil and thyme leaves in a bowl and combine well. Coat the steak on all sides with sauce.
- Place the steak on a heated frying pan and cook for 5 minutes per side until done. Take out from the heat and allow to cool for 6 minutes. Cut the steak into lean slices
- Beat the eggs in a second bowl. Stir in pepper flakes and salt and combine well. Add butter to the frying pan and allow to heat. Allow the eggs to scramble for about 2 minutes.
- Place the mayonnaise and balance sauce in a bowl.
- Lay the wraps on a wooden chopping board. Drizzle the sauce mixture on the bottom of 1/3 of wraps. Follow with scrambled eggs, spinach leaves, goat cheese, tomatoes and steak slices. Fold the sides of the wrap and form a burrito.
- Cover with a plastic wrap and leave until ready to serve.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	25 mins

Nutritional Information:

Calories	320.2
Fat	25.0g
Cholesterol	158.2mg
Sodium	562.8mg
Carbohydrates	5.3g
Protein	18.2g

* Percent Daily Values are based on a 2,000 calorie diet.

LONDON TART PIE SHELL

Ingredients

- 1 **egg**
- 3 cups **flour**
- 3/4 tsp. **salt**
- 1 1/2 cups cold vegetable **shortening**
- 1 tbsp. **vinegar**
- 5 tbsps. very cold **water**

Directions

- Add the flour and salt into a bowl and combine well.
- Cut the cold vegetable shortening or lard with the use of a sharp knife to a similar size of peas.
- Whisk the egg with vinegar and water in a bowl.
- Stir in the egg mixture with the flour mix.
- Form a ball.
- Leave in the refrigerator for 2 hours.
- Roll out the ball and use for a pie crust.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	15 mins
Total Time	15 mins

Nutritional Information:

Calories	4157.4
Fat	315.9g
Cholesterol	186.0mg
Sodium	1825.0mg
Carbohydrates	286.5g
Protein	45.0g

* Percent Daily Values are based on a 2,000 calorie diet.

COMPLEX TOAST

Ingredients

- 4 hard-boiled **eggs**, chopped
- 1/4 cup **butter**
- 1/4 cup **flour**
- 1 1/2 cups **cream**
- 1/4 tsp. kosher **salt**
- ground **pepper**,
- 4 slices **bread**, toasted

Directions

- Remove the shells from the eggs, cut into pieces and leave aside.
- Place butter in a skillet and heat well.
- Add the 1/4 cup of flour and allow to brown.
- Gradually stir in the cream and combine well.
- Remove from heat and stir in seasonings as desired.
- Add the kept aside eggs.
- Spread over the toasted slices of bread.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	5 mins
Total Time	10 mins

Nutritional Information:

Calories	1071.7
Fat	90.8g
Cholesterol	632.9mg
Sodium	861.3mg
Carbohydrates	43.6g
Protein	22.1g

* Percent Daily Values are based on a 2,000 calorie diet.



DANTE'S TOMATO AND GARLIC EGGS

Ingredients

- 1 clove crushed **garlic**
- 2 tbsps. olive **oil**
- 2 cups canned tomato **puree**
- 4 **basil** leaves, torn into pieces
- 1 pinch dried **oregano**
- **salt** and **pepper**
- 8 large **eggs**
- 1 tbsp. parmesan **cheese**

Directions

- Pour the oil into a frying pan and sauté the garlic for about 3 minutes.
- Stir in the tomato, basil and seasonings.
- Allow the mixture to simmer for about 16 minutes until the sauce becomes thick in consistency.
- Crack the egg and place in a bowl.
- Form a small well in the sauce with a wooden spatula.
- Add the egg into the tomato sauce.
- Follow with the rest of the eggs.
- Sprinkle cheese on top.
- Cover with lid and cook for 4 minutes until the eggs are cooked.
- Serve warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	30 mins

Nutritional Information:

Calories	256.8
Fat	16.8g
Cholesterol	373.1mg
Sodium	196.4mg
Carbohydrates	12.2g
Protein	15.1g

* Percent Daily Values are based on a 2,000 calorie diet.

VERNA'S SPUD CAKES

Ingredients

- 1/2 cup olive **oil**
- 24 ounces Simply Potatoes Traditional Mashed **Potatoes**
- 20 ounces simply potatoes southwest-style **hash browns**
- 8 ounces sharp cheddar **cheese**
- 10 **eggs**, poached

Directions

- Pour the oil into a frying pan and allow to heat well.
- Divide the mashed potatoes into ten portions.
- Insert the hash browns into a small bowl.
- Stir in a piece of mashed potatoes into the hash browns and press slightly. Place the block of cheese in the middle. Fold over the potatoes and seal. Turn to the other side and cover with hash browns.
- Place the cakes in warm oil and allow to brown on both side.
- Cook the eggs and place on the potato cakes.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	15 mins
Total Time	35 mins

Nutritional Information:

Calories	430.8
Fat	38.4g
Cholesterol	349.7mg
Sodium	353.8mg
Carbohydrates	1.0g
Protein	19.9g

* Percent Daily Values are based on a 2,000 calorie diet.

COUNTRY EGG SANDWICHES

Ingredients

- 2 tbsps. olive **oil**
- 1 red bell **pepper**, strips
- 1 **onion**, chopped
- 1 cup Egg Beaters **egg** substitute
- 4 -6 slices edam **cheese**, sliced
- 4 slices country **bread**, toasted
- **salt** and **pepper**

Directions

- Pour the oil into a frying pan and allow to heat. Sauté the onion for 3 minutes until tender.
- Toss in the red bell pepper strips and leave to cook for 12 minutes.
- Adjust seasonings by adding salt and pepper.
- Stir in the eggs to the frying pan; stir continuously and leave for 3 minutes.
- Spread the egg mix on 2 slices of toasted country bread. Place the cheese on top and sandwich with the balance toast.
- Slice each sandwich into two and serve.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	10 mins
Total Time	22 mins

Nutritional Information:

Calories	529.7
Fat	16.0g
Cholesterol	0.0mg
Sodium	661.4mg
Carbohydrates	80.9g
Protein	16.2g

* Percent Daily Values are based on a 2,000 calorie diet.

LIVERPOOL EGGS

Ingredients

- 2 cups mild cheddar **cheese**, grated
- 12 **eggs**
- **salt**
- seasoned **pepper**

Directions

- Grease six ramekins with butter and place about 1/4 cup of cheese on each ramekin.
- Crack the eggs and gently place on the cheese ensuring not to damage the yolk. Place 2 eggs on each ramekin.
- Sprinkle the balance grated cheese on top and adjust seasonings.
- Cook in an oven for 25 minutes at a temperature of 325F until the eggs are done.
- Can be served with buttered toast.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	10 mins
Total Time	30 mins

Nutritional Information:

Calories	294.8
Fat	21.9g
Cholesterol	411.5mg
Sodium	375.9mg
Carbohydrates	1.2g
Protein	21.9g

* Percent Daily Values are based on a 2,000 calorie diet.



ONTARIO EGG BAKE

Ingredients

- 1 tbsp. **butter**, melted
- 2 tbsps. parmesan **cheese**, grated
- 1 large **egg**
- 1 tbsp. whipping **cream**

Directions

- Before you do anything set the oven to 350F.
- Grease a ramekin with butter and sprinkle 1 tbsp of grated cheese on top.
- Crack an egg to the ramekin and top up with the whipping cream.
- Cover with the balance grated cheese on top.
- Cook in the oven for 12 minutes until the whites are hardened.
- Serve warm.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	4 mins
Total Time	23 mins

Nutritional Information:

Calories	268.1
Fat	24.6g
Cholesterol	245.8mg
Sodium	330.9mg
Carbohydrates	1.1g
Protein	10.5g

* Percent Daily Values are based on a 2,000 calorie diet.

PROTEIN BREAD MACHINE

Ingredients

- 1 **egg**
- 1 cup **milk**
- 3 cups **flour**
- 1 1/2 tsps. **salt**
- 4 1/2 tbsps. **sugar**
- 3 tbsps. **butter**
- 2 1/2 tsps. **yeast**

Directions

- Place all the ingredients in a bread pan and combine well.
- Switch to white bread mode, but leave a bit more time for rising.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	45 mins

Nutritional Information:

Calories	2150.0
Fat	52.6g
Cholesterol	311.7mg
Sodium	3996.1mg
Carbohydrates	358.7g
Protein	57.4g

* Percent Daily Values are based on a 2,000 calorie diet.

ATHENIAN CITY STATE FETA EGGS

Ingredients

- 1/2 tbsp. **butter**
- 2 **eggs**
- 1/4 cup crumbled feta **cheese**
- **salt** and **pepper**

Directions

- Place margarine or butter in a frying pan and heat well.
- Whisk the eggs and stir into the frying pan.
- Stir in the cheese and allow the eggs to scramble for a few minutes.
- Adjust seasonings.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	5 mins
Total Time	10 mins

Nutritional Information:

Calories	148.4
Fat	11.8g
Cholesterol	235.8mg
Sodium	299.7mg
Carbohydrates	1.1g
Protein	8.9g

* Percent Daily Values are based on a 2,000 calorie diet.

TORTILLA BRUNCH SKILLET

Ingredients

- 6 **eggs**
- 3 tbsps. **milk**
- 4 corn **tortillas**, cut into triangles
- 2 tbsps. **oil**
- **salt**
- shredded cheddar **cheese**
- **salsa**

Directions

- Break the 6 eggs into a large bowl and combine with milk.
- Whisk the mixture using a fork.
- Place 2 tbsp of oil in a frying pan and allow to heat.
- Fold in the tortillas and add a dash of salt.
- Allow the tortillas to fry for about 3 minutes.
- Stir in the egg mix over the tortillas. Add more salt if required.
- Fold the mixture with a wooden spoon until the mixture is cooked ensuring not to overcook.
- Remove from heat and sprinkle cheese on top.
- Cover the frying pan with a cover and allow the cheese to melt for about 3 minutes.
- Serve with salsa.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	3 mins
Total Time	8 mins

Nutritional Information:

Calories	460.0
Fat	30.7g
Cholesterol	637.7mg
Sodium	242.8mg
Carbohydrates	23.6g
Protein	22.3g

* Percent Daily Values are based on a 2,000 calorie diet.

EGGS CALABASAS

Ingredients

- 2 tbsps. **oil**
- 1 **onion**, chopped
- 1 bell **pepper**, chopped
- 2 **garlic** cloves, minced
- 2 **tomatoes**, seeded and chopped
- 6 **eggs**, lightly beaten
- **salt** and **pepper**

Directions

- Pour the oil into a frying pan and heat well. Sauté the onion, garlic and bell pepper for 5 minutes until the onion becomes soft.
- Stir in the chopped tomatoes and allow to cook for 5 minutes.
- Lower the heat, toss in the eggs and seasonings. Stir the eggs and allow to scramble until cooked through.
- Can be served with fresh cheese, arepas or slices of bread.
- Enjoy.

Servings per Recipe: 3

Timing Information:

Preparation	10 mins
Total Time	20 mins

Nutritional Information:

Calories	263.4
Fat	18.8g
Cholesterol	372.0mg
Sodium	149.1mg
Carbohydrates	9.8g
Protein	14.1g

* Percent Daily Values are based on a 2,000 calorie diet.



FLAMINGO WRAPS

Ingredients

- 1 tbsp. vegetable **oil**
- 1 sweet red **pepper**, chopped
- 8 **eggs**
- 2 tbsps. low-fat **milk**
- 1/4 tsp. **salt**
- 1/4 tsp. **pepper**
- 1 1/2 cups cheddar **cheese**, shredded
- 6 **tortillas**, whole wheat, flax

Directions

- Pour oil into a frying pan and heat well; sauté the chopped red pepper for 4 minutes.
- Place the milk, eggs, salt and pepper in a bowl and beat together; fold in the mixture to the frying pan and leave until cooked and the mixture becomes dry.
- Top up each tortilla center with shredded cheese; spread about 1/3 cup of the egg mixture on top. Fold the tortilla over the mixture in the shape of a square. Place the square with seam facing downwards in the frying pan and cook for about 5 minutes.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	10 mins
Total Time	25 mins

Nutritional Information:

Calories	456.0
Fat	23.5g
Cholesterol	277.9mg
Sodium	815.1mg
Carbohydrates	38.2g
Protein	21.5g

* Percent Daily Values are based on a 2,000 calorie diet.

JADE GARDEN EGG FOO YUNG

Ingredients

- 4 tbsps. canola **oil**
- 1/4 cup **onion**, chopped
- 2 cups **cabbage**, shredded
- 6 eggs
- 1 tbsp. **soy sauce**
- 2 tbsps. sesame **oil**
- 1/2 tsp. **garlic powder**
- 1/4 tsp. **salt**
- 1/8 tsp. ground black **pepper**
- 1 cup bean **sprouts**
- 1 cup cooked small **shrimp**

Directions

- Pour 2 tbsps. of canola oil into a frying pan, and sauté the 1/4 cup chopped onion and shredded cabbage until soft.
- Take out from the heat and drain off the fat. Keep the tempered cabbage and onion aside.
- Place eggs, sesame oil, soy sauce, onion mixture, sprouts and spices in a bowl and beat well.
- Pour the balance oil into a skillet and heat well.
- Fold in 4 oz. of the mixture into the hot skillet. Place the small shrimp on top.
- Keep in the heat for 4 minutes until the corners brown slightly.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	15 mins
Total Time	27 mins

Nutritional Information:

Calories	384.1
Fat	28.0g
Cholesterol	558.0mg
Sodium	1023.4mg
Carbohydrates	11.2g
Protein	22.6g

* Percent Daily Values are based on a 2,000 calorie diet.

TATOR TOT LUNCH BOX

Ingredients

- 50 -60 **tater tots**
- 12 **eggs**
- 2 tbsps. vegetable **oil**
- 12 tbsps. shredded cheddar **cheese**

Directions

- Before you do anything set the oven to 375F.
- Keep the 1 pack of tater tots in the room temperature for 1 to 2 minutes.
- Brush a muffin tray with 12 cups with 2 tbsps. of vegetable oil.
- Place 5 tots in each muffin cup.
- Botch the tots with the use of a spoon so it will be at the bottom of each muffin cup.
- Sprinkle 1 tbsp of cheese on top.
- Insert the muffin tray into the oven and let it cook for 6 minutes.
- Remove from the oven; crack one egg into each muffin cup.
- Leave in the oven for 16-22 minutes until the eggs are firm.
- Take out from the oven.
- Loosen the sides and bottom of each cup using a non-stick spoon.
- Serve warm.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	10 mins
Total Time	30 mins

Nutritional Information:

Calories	240.0
Fat	18.7g
Cholesterol	386.8mg
Sodium	229.7mg
Carbohydrates	0.9g
Protein	16.0g

* Percent Daily Values are based on a 2,000 calorie diet.

MOSCOW EGG BOATS

Ingredients

- 4 hard-**boiled eggs**, sliced in half
- 1 very small **onion**, chopped
- 1 tsp. olive **oil**
- 1 tsp. **paprika**
- 2 tbsps. **mayonnaise**
- 1 -1 1/2 tbsp. **lemon** juice
- **salt** and **pepper**,

Directions

- Pour the olive oil into a skillet and temper the small onion. You could skip this step if you wish.
- Separate the egg yolks and insert them into a bowl.
- Botch the yolks and mix with the rest of the ingredients.
- Fold in the mixture into the egg whites and leave in the refrigerator.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	60.0
Fat	3.9g
Cholesterol	106.9mg
Sodium	57.6mg
Carbohydrates	2.8g
Protein	3.3g

* Percent Daily Values are based on a 2,000 calorie diet.

EGGS SACRAMENTO

Ingredients

- 1 dozen **egg**
- 2 medium ripe California **avocados**
- 2 tbsps. **onions**, minced
- 1 tbsp. **lemon** juice
- 1/4 tsp. **salt**
- 1/2 tsp. **paprika**
- 6 black **olives**, diced

Directions

- Place the dozen eggs in boiling water and heat for 4 minutes.
- Remove the shells and cut the eggs into two along the length.
- Extract the egg yolks from the whites and lay the whites on a serving dish.
- Botch the egg yolks and avocados together.
- Stir in the onions, salt and lemon juice.
- Stuff the egg yolk mixture into the whites.
- Serve sprinkled with olives and paprika.
- Enjoy.

Servings per Recipe: 24

Timing Information:

Preparation	15 mins
Total Time	18 mins

Nutritional Information:

Calories	60.1
Fat	4.6g
Cholesterol	81.8mg
Sodium	64.7mg
Carbohydrates	1.8g
Protein	3.1g

* Percent Daily Values are based on a 2,000 calorie diet.

NEW ENGLAND EGG SALAD

Ingredients

- 14 -15 ounces canned **salmon**, flaked
- 6 hard-boiled **eggs**, peeled and chopped
- 1/2 cup chopped **onion**
- 1/2 **cucumber**, peeled, seeded and chopped
- 1 1/2 tsps. Dijon **mustard**
- 1/2-3/4 cup **mayonnaise**
- 1/8 tsp. black **pepper**
- 1/2-3/4 tsp. dried **tarragon**
- 1/4 tsp. **paprika**
- **salt**

Directions

- Place salmon, eggs, onion, cucumber, mustard, mayonnaise, pepper, tarragon and paprika in a bowl and combine well.
- Add salt .
- Leave in the refrigerator to chill prior to serving.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	178.2
Fat	8.6g
Cholesterol	240.7mg
Sodium	341.3mg
Carbohydrates	2.9g
Protein	21.9g

* Percent Daily Values are based on a 2,000 calorie diet.



CINNAMON PINWHEEL BREAD

Ingredients

- 4 3/4-5 1/4 cups all-purpose **flour**
- 1 package **yeast**
- 1 1/3 cups **milk**
- 3 tbsps. **sugar**
- 3 tbsps. **margarine**
- 1/2 tsp. **salt**
- 2 **eggs**
- 1/2 cup **sugar**
- 2 tsps. **cinnamon**

Directions

- Place 2 cups of the all-purpose flour and yeast in a bowl and mix well.
- Pour 3 tbsps. of milk into a pot and heat well.
- Stir in the margarine, sugar and salt and leave until the margarine becomes soft and melted.
- Fold the mixture into the 1st bowl; add eggs.
- Whisk for 32 seconds using a mixer on low speed.
- Whisk for 4 minutes on high speed.
- Fold in the balance flour to the mixture.
- Dust a wooden board with flour and place the dough on it
- Knead well for about 10 minutes.
- Grease a bowl with butter and place the dough in it.
- Cover with a wet cloth and leave at room temperature.
- Knead the dough and once again and place on the floured board.
- Make two portions out of the dough.
- Cover and allow to rise for 12 minutes.
- Spread out the dough with a rolling pin to 12x7" rectangles.
- Brush a sprinkling of water on top.
- Roll up and secure the ends and the corners.
- Grease bread pans and place the dough seam side facing downwards.

- Cover with a damp cloth and allow to rise.
- Leave in the oven for 35 minutes at a temperature of 375F.
- During the last 12 minutes of cooking, ensure to cover loosely.
- Gently take out from the pans and allow to cool.
- Enjoy.

Servings per Recipe: 10

Timing Information:

Preparation	3 hrs.
Total Time	3 hrs. 25 mins

Nutritional Information:

Calories	338.6
Fat	6.2g
Cholesterol	46.8mg
Sodium	187.7mg
Carbohydrates	61.3g
Protein	8.7g

* Percent Daily Values are based on a 2,000 calorie diet.

IRONBOUND TORTILLAS

Ingredients

- 1 lb. chorizo **sausage**, broken up
- 6 -8 large **eggs**, lightly beaten
- 1 large **onion**, chopped
- 6 large flour **tortillas**, browned in a pan
- 1/2 cup grated Monterey jack **cheese**
- sour **cream**
- hot **sauce**
- chopped **avocado**

Directions

- Place the onion and broken up sausage in a skillet and sauté until the onion becomes soft.
- Whisk the eggs and stir into the sausage mixture.
- Brush sour cream on the pan-fried tortilla and serve with tortillas; sprinkle cheese and chopped avocado on top.
- If required add more hot sauce and sour cream.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	5 mins
Total Time	25 mins

Nutritional Information:

Calories	816.8
Fat	45.4g
Cholesterol	261.0mg
Sodium	1782.8mg
Carbohydrates	62.7g
Protein	36.5g

* Percent Daily Values are based on a 2,000 calorie diet.

SONOMA SANDWICH

Ingredients

- 3 large hard-boiled **eggs**, peeled and chopped
- 3 tbsps. white **onions**, chopped
- 2 tbsps. **parsley** leaves, chopped
- 1 tsp. **dill**, chopped
- 1/2 tsp. Dijon **mustard**
- 2 tsps. **mayonnaise**
- 1 large Hass **avocado**, diced
- 1/4 tsp. sea **salt**
- 1/16 tsp. black **pepper**
- 6 -8 slices brioche **bread**, lightly toasted
- 4 slices Monterey Jack **cheese**

Directions

- Place the eggs, parsley, onion, Dijon, dill and mayonnaise in a bowl and combine well.
- Fold in the Hass avocado, adjust seasonings and combine well.
- Take the slices of bread and slightly fry them in a pan until lightly toasted.
- Place the avocado and egg mixture on the bread, place a cheese slice and sandwich with another bread slice.
- Enjoy.

Servings per Recipe: 3

Timing Information:

Preparation	15 mins
Total Time	20 mins

Nutritional Information:

Calories	541.4
Fat	15.7g
Cholesterol	187.3mg
Sodium	950.6mg
Carbohydrates	78.6g
Protein	22.4g

* Percent Daily Values are based on a 2,000 calorie diet.

CHINESE SCRAMBLED EGGS

Ingredients

- 2 **tomatoes**, diced
- 4 free range **eggs**
- olive **oil**
- 1 tsp. sesame **oil**
- 2 tsps. rice **vinegar**
- 1 tsp. **cornstarch**
- green **onion**, chopped,
- **salt** and **pepper**

Directions

- Whisk the eggs; adjust seasonings and stir in the green onion white part.
- Combine well.
- Pour sesame oil into a skillet and heat well.
- Fold in the egg mix.
- Scramble the egg mixture and leave until the eggs are cooked for about 1 minute.
- Remove the eggs from the skillet.
- Pour olive oil into the skillet and add the tomatoes.
- Add salt, pepper, sugar and rice vinegar and cook the tomatoes.
- Stir in the green onion green part.
- Add the cornstarch with 1 tsp of water in a bowl and combine well.
- Pour the mixture over the tomatoes and combine well.
- Serve warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	3 mins
Total Time	18 mins

Nutritional Information:

Calories	95.0
Fat	6.0g
Cholesterol	186.0mg
Sodium	74.1mg
Carbohydrates	3.3g
Protein	6.8g

* Percent Daily Values are based on a 2,000 calorie diet.

WESTMINSTER SANDWICH

Ingredients

- 1 tbsp. reduced-fat cream **cheese**
- 1 tsp. whole grain **mustard**
- 1/2 tsp. chopped **dill**
- 2 slices whole-grain rye **bread**, toasted
- 1 large hard-boiled **egg**, sliced
- 2 **tomatoes**, slices
- 1 pinch **salt** and **pepper**

Directions

- Combine the mustard, cream cheese and dill in a bowl. Slightly toast the bread and coat the bread with the cream cheese mixture.
- Place tomato, egg, salt and pepper on one slice. Top up with the other bread slice.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	155.3
Fat	8.2g
Cholesterol	194.6mg
Sodium	201.6mg
Carbohydrates	11.6g
Protein	9.8g

* Percent Daily Values are based on a 2,000 calorie diet.

PECORINO POTATOES WITH EGGS

Ingredients

- 1/4 cup olive **oil**
- 2 medium baking **potatoes**, peeled and diced
- 1 medium **onion**, diced
- **salt** and **pepper**
- 8 large **eggs**
- 1/4 cup grated pecorino Romano **cheese**
- 1 tbsp. chopped Italian **parsley**

Directions

- Pour the olive oil into a frying pan and heat well. Sauté the potatoes until soft. Stir in the diced onion and seasonings and cook until the onions become soft for 5 minutes.
- Place the eggs, parsley, cheese and seasonings in a bowl and beat well. Fold in the egg and cheese mixture into the potatoes. Shake the pan while cooking and gently move the ingredients with a non-stick spoon.
- Cook for 4 minutes until the mixture becomes slightly brown. Turn the eggs by placing the eggs on a platter. Then slide the egg mixture once again into the pan. Leave the eggs for 3-4 minutes until firm ensuring to shake the pan.
- You can also leave the frying pan under the broiler for 4 minutes until the top is firm and it becomes a slight brown in color. Unmold into a platter, slice the mixture into quarters and serve.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	5 mins
Total Time	15 mins

Nutritional Information:

Calories	332.8
Fat	23.1g
Cholesterol	372.0mg
Sodium	146.6mg
Carbohydrates	17.0g
Protein	14.1g

* Percent Daily Values are based on a 2,000 calorie diet.

EGGS CARLTON

Ingredients

- 2 hard-boiled **eggs**
- 3 tbsps. tomato **ketchup**
- 2 drops **Tabasco** sauce
- 12 Ritz **crackers**
- 1/8 tsp. kosher **salt**
- 1/8 tsp. **pepper**
- 1 dried leaf **basil**

Directions

- Hard boil the eggs and cut them into even pieces.
- Mix the Tabasco sauce and the ketchup together.
- Lay a piece of egg on top of the Ritz crackers, drizzle the sauce on top. Serve garnished with a sliced basil leaf.

Servings per Recipe: 6

Timing Information:

Preparation	10 mins
Total Time	30 mins

Nutritional Information:

Calories	65.7
Fat	3.3g
Cholesterol	62.1mg
Sodium	199.6mg
Carbohydrates	6.3g
Protein	2.7g

* Percent Daily Values are based on a 2,000 calorie diet.



NORTH AFRICAN POACHED EGGS

Ingredients

- 3 tbsps. olive **oil**
- 6 **eggs**
- 1/2-1 tbsp. **sumac**
- **salt & pepper**

Directions

- Pour the olive oil into a skillet and heat well.
- Fold in the eggs into the heated skillet without breaking the yolks.
- Sprinkle sumac and seasonings on top. Cook until the egg whites are firm.
- Enjoy.

Servings per Recipe: 3

Timing Information:

Preparation	5 mins
Total Time	15 mins

Nutritional Information:

Calories	262.3
Fat	23.0g
Cholesterol	372.0mg
Sodium	142.2mg
Carbohydrates	0.7g
Protein	12.5g

* Percent Daily Values are based on a 2,000 calorie diet.

PORTUGUESE WRAPS

Ingredients

- 3 chorizo **sausages**, sliced
- 1 tbsp. **butter**
- 6 **eggs**
- 1 tbsp. **water**
- 1 cup **cheese**
- 4 **tortillas**
- 1/3 cup diced **onion**
- 1 **jalapeno**, diced

Directions

- Sauté the chorizo sausages in a skillet until firm.
- In a second skillet place the butter and heat well. Temper the diced onion and diced jalapeno until soft.
- Scramble the 6 eggs by adding water and fold into the skillet with the onion and jalapeno mixture.
- Adjust seasonings.
- Heat the 4 tortillas in a microwave for a few seconds.
- Sprinkle quarter cup of cheese on the four tortillas and spread the chorizos on top of the cheese. Place the scrambled eggs on top of the cheese.
- Roll up the tortillas and serve garnished with cilantro and salsa.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	20 mins

Nutritional Information:

Calories	655.7
Fat	39.5g
Cholesterol	344.3mg
Sodium	1406.4mg
Carbohydrates	41.1g
Protein	31.8g

* Percent Daily Values are based on a 2,000 calorie diet.

HERMOSA BEACH BAKED EGGS

Ingredients

- 6 eggs
- 2 cups shredded Monterey jack **cheese**
- 1/2 cup cottage **cheese**
- 1/4 cup **butter**, melted
- 1/3 cup all-purpose **flour**
- 1 tsp. **baking powder**
- 1/2 tsp. kosher **salt**
- ground **pepper**
- 1 (10 ounce) cans original rotel diced **tomatoes** and green **chilies**, drained

Directions

- Before you do anything set the oven to 350F.
- Grease a 10" casserole dish with butter.
- Place the eggs in a bowl and whisk them well.
- Add the cottage cheese, Monterey Jack cheese, flour, butter, Rotel tomatoes, salt and baking powder.
- Fold in the mixture into the casserole dish and leave in the oven for 50 minutes until the eggs are firm.
- Allow to cool for 12 minutes.
- Slice into rectangles and serve garnished with salsa.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	50 mins

Nutritional Information:

Calories	494.5
Fat	37.0g
Cholesterol	364.2mg
Sodium	1199.3mg
Carbohydrates	12.6g
Protein	27.8g

* Percent Daily Values are based on a 2,000 calorie diet.

DEVEILED EGGS MARRAKESH

Ingredients

- 4 -5 hardboiled large **eggs**, peeled
- 2 -3 tbsps. **mayonnaise**
- 1 tsp. **harissa**
- 1 tsp. extra virgin olive **oil**
- 1/4 tsp. Spanish smoked **paprika**
- **salt**
- 1/2 tsp. preserved **lemon**

Topping

- 1/2 tbsp. roasted **almonds**, chopped
- **cilantro**, **parsley**, **chives**
- **caraway** seed

Directions

- Cut the eggs along the length and extract the yolks into a bowl.
- Stir in mayonnaise, olive oil, harissa, salt and paprika. Botch the ingredients with the use of a fork.
- Stuff the mix into egg whites.
- Top up with almonds and serve garnished with fresh herbs of your desire.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	116.9
Fat	8.9g
Cholesterol	187.9mg
Sodium	123.4mg
Carbohydrates	2.4g
Protein	6.5g

* Percent Daily Values are based on a 2,000 calorie diet.

DEVILED EGGS CALIFORNIA

Ingredients

- 6 hard-boiled **eggs**, halved and yolks removed
- 1 **avocado**, mashed
- 2 tbsps. **salsa**

Topping

- 12 **cilantro** leaves

Directions

- Place the mashed avocado and salsa in a bowl and combine well.
- Insert the avocado mixture into each egg white.
- Sprinkle with parsley or cilantro and serve.
- Enjoy.

Servings per Recipe: 12

Timing Information:

Preparation	10 mins
Total Time	15 mins

Nutritional Information:

Calories	66.2
Fat	5.1g
Cholesterol	93.2mg
Sodium	48.1mg
Carbohydrates	1.8g
Protein	3.5g

* Percent Daily Values are based on a 2,000 calorie diet.



VICTORIAN SCRAMBLED EGGS

Ingredients

- 3 tbsps. peanut **oil**
- 4 medium white **mushrooms**, trimmed and diced
- 2 **scallions**, sliced
- 1/2-1 hot green **chili** pepper, chopped
- 1 small **tomatoes**, chopped
- 1 tbsp. **cilantro**, chopped
- 8 **eggs**, lightly beaten
- **salt**,
- ground black **pepper**,

Directions

- Pour the oil into a skillet and heat well.
- Sauté the mushrooms until soft.
- Fold in the tomato, green chile and scallions. Lower the heat and leave until the tomatoes become soft.
- Stir in the eggs, cilantro and seasonings.
- Take out from the heat and serve warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	8 mins
Total Time	18 mins

Nutritional Information:

Calories	245.2
Fat	19.7g
Cholesterol	372.0mg
Sodium	145.7mg
Carbohydrates	3.2g
Protein	13.5g

* Percent Daily Values are based on a 2,000 calorie diet.

DEVEILED EGGS LOUISIANA

Ingredients

- 6 large hard-cooked **eggs**, peeled
- 3 tbsps. **mayonnaise**
- 1/2 tsp. Cajun **seasoning**, divided
- **lettuce** leaf
- 2 tbsps. chopped **parsley**

Directions

- Cut the eggs into two along the length.
- Extract the egg yolks into a bowl; stir in Cajun seasoning and mayonnaise and combine well.
- Stuff the egg whites with the egg yolk mixture.
- Cover with wrap and leave in the refrigerator for at least 35 minutes or overnight prior to serving.
- Lay the lettuce leaf on a platter and place the eggs on top.
- Serve garnished with parsley.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	106.6
Fat	7.7g
Cholesterol	188.4mg
Sodium	114.9mg
Carbohydrates	2.4g
Protein	6.3g

* Percent Daily Values are based on a 2,000 calorie diet.

TEX-MEX EGGS

Ingredients

- 1/4 cup all-purpose **flour**
- 1/4 tsp. **salt**
- 1/4 cup **butter**, melted
- 6 **eggs**, beaten
- 1 cup cottage **cheese**
- 4 ounces chopped green **chilies**, drained
- 8 ounces Monterey jack pepper **cheese**, shredded

Directions

- Place the flour, butter and salt in a bowl and mix well. Stir in eggs, chilies, cottage cheese and Monterey jack pepper cheese and combine well.
- Grease a casserole dish and fold in the mixture into it.
- Leave in the oven for 35 minutes at a temperature of 375F.
- Set aside for 6 minutes to come to room temperature prior to serving.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	15 mins
Total Time	45 mins

Nutritional Information:

Calories	341.4
Fat	25.4g
Cholesterol	245.9mg
Sodium	567.2mg
Carbohydrates	7.5g
Protein	20.4g

* Percent Daily Values are based on a 2,000 calorie diet.

CATALINA'S CASSEROLE

Ingredients

- 1/2 cup all-purpose **flour**
- 1 tsp. **baking powder**
- 12 **eggs**, lightly beaten
- 4 cups shredded Monterey jack **cheese**, divided
- 2 cups small curd cottage **cheese**
- 2 plum **tomatoes**, seeded and diced
- 1 (4 ounce) cans chopped green **chilies**, drained
- 4 green **onions**, sliced
- 1/2 tsp. hot pepper **sauce**
- 1 tsp. dried **oregano**
- 2 tbsps. minced **cilantro**
- 1/2 tsp. **salt**
- 1/2 tsp. **pepper**
- **salsa**

Directions

- Place the flour and baking powder in a bowl and mix well.
- Stir in the eggs, cottage cheese, 3 1/2 cups Monterey Jack cheese, chilies, tomatoes, hot pepper sauce, onions, cilantro, oregano and seasonings.
- Grease a casserole dish and fold the mixture into it.
- Top up with the balance Monterey Jack Cheese.
- Cook without lid in the oven for 17 minutes at a temperature of 400F.
- Allow to sit for 7 minutes prior to slicing into rectangles.
- Serve garnished with salsa if required.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	25 mins
Total Time	1 hr 10 mins

Nutritional Information:

Calories	413.5
Fat	26.8g
Cholesterol	338.8mg
Sodium	815.8mg
Carbohydrates	11.6g
Protein	30.9g

* Percent Daily Values are based on a 2,000 calorie diet.

MEDITERRANEAN FRIED EGGS

Ingredients

- 2 **eggs**
- 1 tsp. olive **oil**
- **salt**
- **cumin**

Directions

- Pour the oil into a skillet and heat well.
- Fold in the eggs, pierce the yolks with a fork and leave until the eggs are firm.
- When the eggs are done sprinkle cumin and salt on top and serve.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	2 mins
Total Time	8 mins

Nutritional Information:

Calories	182.7
Fat	14.0g
Cholesterol	372.0mg
Sodium	142.0mg
Carbohydrates	0.7g
Protein	12.5g

* Percent Daily Values are based on a 2,000 calorie diet.

VENETIAN EGGS

Ingredients

- 4 hardboiled **egg**, shelled
- 2 tbsps. **butter**
- 2 tbsps. **flour**
- 1 1/4 cups **milk**
- **salt** and **pepper**
- 2 toasted English **muffins**

Directions

- Extract the yolks into bowl and leave aside. Chop the whites into pieces.
- Melt butter in a skillet.
- Fold in the flour and combine well and leave for about 3 minutes.
- Stir in the milk and leave to cook for 6 minutes until the sauce becomes thick in consistency.
- Add seasonings.
- Stir in the chopped egg whites into the skillet.
- Slice the muffins into half and spread on a dish, drizzle the sauce on top.
- Use a vegetable grater and grate the yolks on top of each muffin.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	10 mins
Total Time	17 mins

Nutritional Information:

Calories	493.6
Fat	27.4g
Cholesterol	425.0mg
Sodium	508.0mg
Carbohydrates	39.2g
Protein	22.0g

* Percent Daily Values are based on a 2,000 calorie diet.



HOW TO MAKE AN OMELET

Ingredients

- 8 **eggs**
- 1 C. **milk**
- 1/2 tsp **seasoning salt**
- 3 oz. cooked **ham**, diced
- 1/2 C. shredded **Cheddar** cheese
- 1/2 C. shredded **mozzarella** cheese
- 1 tbsp dried minced **onion**

Directions

- Set your oven to 350 degrees F before doing anything else and grease an 8x8-inch casserole dish.
- In a bowl, add all the ingredients and beat till well combined.
- Place the mixture into prepared casserole dish.
- Cook in the oven for about 40-45 minutes.

Amount per serving (5 total)

Timing Information:

Preparation	15 m
Cooking	40 m
Total Time	55 m

Nutritional Information:

Calories	251 kcal
Fat	16.9 g
Carbohydrates	4.7g
Protein	19.9 g
Cholesterol	332 mg
Sodium	591 mg

* Percent Daily Values are based on a 2,000 calorie diet.

MUSHROOM MONDAY OMELET

Ingredients

- 2 tbsp **butter**
- 1/2 green **bell pepper**, chopped
- 1/2 red **bell pepper**, chopped
- 1/2 Bermuda **onion**, sliced
- 7 baby portobello **mushrooms**, sliced
- 1/2 lb. **beef tips**
- 1/2 C. **egg substitute**

Directions

- In a medium pan, melt butter on medium heat and cook mushrooms, bell peppers and onion for about 5 minutes.
- Stir in beef and cook for about 5-10 minutes.
- Stir in egg beaters and cook for about 10 minutes.

Amount per serving (2 total)

Timing Information:

Preparation	10 m
Cooking	25 m
Total Time	35 m

Nutritional Information:

Calories	511 kcal
Fat	29.5 g
Carbohydrates	26g
Protein	40.2 g
Cholesterol	105 mg
Sodium	284 mg

* Percent Daily Values are based on a 2,000 calorie diet.

MEXICAN STEAMED OMELET

Ingredients

- 2 **eggs**
- 2 slices **ham**, chopped (optional)
- 1/2 C. shredded **Cheddar** cheese
- 1 tbsp chopped **onion** (optional)
- 1 tbsp chopped green **bell pepper** (optional)
- 2 tbsp chopped fresh **tomato** (optional)
- 1 tbsp chunky **salsa** (optional)
- 2 fresh **mushrooms**, sliced (optional)

Directions

- In a large resealable freezer bag, crack the eggs.
- Seal the bag tightly after squeezing out the excess air.
- Carefully, squeeze the bag to beat the eggs.
- Open the bag, and add the ham, cheese, salsa, mushrooms, green pepper, tomato and onion.
- Seal the bag tightly after squeezing out the excess air.
- In a large pan of the boiling water, add the bag and cook for about 13 minutes.
- Remove the bag from the pan and carefully, open it.
- Transfer the omelet onto a plate and serve.

Amount per serving (1 total)

Timing Information:

Preparation	15 m
Cooking	13 m
Total Time	28 m

Nutritional Information:

Calories	484 kcal
Fat	33.7 g
Carbohydrates	7.9g
Protein	37.7 g
Cholesterol	463 mg
Sodium	1322 mg

* Percent Daily Values are based on a 2,000 calorie diet.

GARDEN OMELET

Ingredients

- 3 tbsp olive **oil**
- 1/4 C. chopped **onion**
- 1/4 C. chopped **green pepper**
- 1 lb. **ham steak**, cut into small pieces
- 1 tsp **garlic salt**
- 5 large **eggs**
- 4 **asparagus** spears, chopped
- 2 tbsp **milk** (optional)
- 2 slices **Provolone** cheese

Directions

- In a bowl, add eggs, milk and asparagus and beat till well combined. Keep aside.
- In a pan, heat oil on medium heat and cook green pepper and onion for about 5 minutes.
- Stir in ham and garlic salt and top with egg mixture evenly.
- Add Provolone cheese slices and cook for about 3 minutes.
- Gently fold the omelet in half and cook for about 2 minutes.

Amount per serving (2 total)

Timing Information:

Preparation	15 m
Cooking	10 m
Total Time	25 m

Nutritional Information:

Calories	739 kcal
Fat	48.8 g
Carbohydrates	6.4g
Protein	67.1 g
Cholesterol	532 mg
Sodium	4191 mg

* Percent Daily Values are based on a 2,000 calorie diet.

5-INGREDIENT CHEESE EGGS

Ingredients

- 6 **eggs**
- 1/2 cup shredded cheddar **cheese**
- 1 1/2 cups diced **tomatoes**
- 6 tbsps. **onions**, diced fine
- **salt** and **pepper**

Directions

- Combine all ingredients together in microwave dish. Secure with a plastic wrap and microwave for 4 minutes on medium. Flip once and leave in the microwave for 4 more minutes. Allow to cool for 2 minutes before serving.
- Enjoy.

Servings per Recipe: 3

Timing Information:

Preparation	5 mins
Total Time	15 mins

Nutritional Information:

Calories	265.2
Fat	16.4g
Cholesterol	442.7mg
Sodium	540.7mg
Carbohydrates	11.2g
Protein	18.4g

* Percent Daily Values are based on a 2,000 calorie diet.

HERBED EGG SKILLET

Ingredients

- 2 **eggs**
- 1 **tomatoes**
- 4 basil leaves

Directions

- Add 2 minced basil leaves, 1/2 tsp of water and pepper to the eggs and whisk well.
- Heat a skillet, spray non-stick cooking spray and fold in the egg mixture.
- Cook until firm ensuring to scrape the bottom of the skillet.
- Slice the tomatoes and top up with the egg mixture.
- Serve garnished with the balance basil leaves and adjust seasonings with salt and pepper.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	9 mins

Nutritional Information:

Calories	171.8
Fat	10.2g
Cholesterol	423.0mg
Sodium	146.5mg
Carbohydrates	6.0g
Protein	13.9g

* Percent Daily Values are based on a 2,000 calorie diet.

ROSA'S TEX-MEX CASSEROLE

Ingredients

- 5 **eggs**
- 2 tbsps. **butter**, melted
- 1/4 cup **flour**
- 1/2 tsp. **baking powder**
- 1 (8 ounce) cartons cottage **cheese**
- 2 cups shredded Monterey jack **cheese**
- 1 (4 ounce) cans diced green **chilies**, drained
- 1 **tomatoes**, sliced
- sour **cream**
- **salsa**

Directions

- Place eggs, flour, butter and baking powder in a bowl and combine well.
- Fold in the chilies and cheese. Grease a casserole dish and pour the mixture into it.
- Cook in the oven for 12 minutes at a temperature of 400F.
- Cut the tomato into slices and keep on top. Place in the oven once again.
- Lower the heat to 350F and cook for another 22 minutes.
- Serve garnished with salsa and sour cream.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	40 mins

Nutritional Information:

Calories	451.0
Fat	31.6g
Cholesterol	308.4mg
Sodium	1046.6mg
Carbohydrates	11.6g
Protein	29.8g

* Percent Daily Values are based on a 2,000 calorie diet.



PARISIAN EGGS SCRAMBLE

Ingredients

- 1 **zucchini**, large, peeled, cubed
- 1 **onion**, large, chopped
- 2 **garlic** cloves, chopped
- 4 **eggs**, medium, beaten
- 1 tsp. **lemon** juice
- 1/2 tsp. dry **oregano**
- 4 tbsps. olive **oil**
- 1/2 tbsp. **parsley**, chopped
- 1/2 tsp. **salt**
- 1/4 tsp. **pepper**

Directions

- Pour 2 tbsps. of oil into a skillet and heat well. Sauté the onion and garlic until soft.
- Pour the balance oil into a second skillet and heat well. Fold in the zucchini and leave for 12 minutes.
- Drain the liquid and fold in the zucchini to the onion mixture and leave for 4 minutes.
- Adjust seasonings and add parsley, lemon juice and oregano into the skillet.
- Stir in a pinch of salt to the eggs and fold them into the zucchini mixture. Combine well and allow to cook for a few minutes.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	25 mins
Total Time	40 mins

Nutritional Information:

Calories	213.8
Fat	18.4g
Cholesterol	186.0mg
Sodium	367.5mg
Carbohydrates	5.3g
Protein	7.3g

* Percent Daily Values are based on a 2,000 calorie diet.

HOW TO MAKE DEVEILED EGGS BBQ STYLE

Ingredients

- 12 **eggs**
- 3 tbsps. **mayonnaise**
- 2 tbsps. Neely's barbecue **sauce**
- 1 tbsp. yellow **mustard**
- 1 tsp. yellow **mustard**
- 1 pinch kosher **salt**
- ground black **pepper**
- hot **sauce**
- 2 **scallions**, sliced
- smoked **paprika**

Directions

- Pour water into a saucepan; boil and then allow to simmer.
- Add the eggs and allow to simmer for 10 minutes. If the heat is too much lower the heat.
- Remove the liquid and rinse the eggs with cold water.
- Remove the shells from the egg and slice into half.
- Separate the yolks and place in a dish.
- Stir in the mayonnaise, barbeque sauce, hot sauce, salt and pepper and beat until smooth in consistency.
- Stuff the yolk mixture into egg whites or you could pipe them with a nozzle.
- Sprinkle scallions and a bit of paprika on top and serve.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	10 mins
Total Time	20 mins

Nutritional Information:

Calories	38.5
Fat	2.4g
Cholesterol	93.0mg
Sodium	61.8mg
Carbohydrates	0.7g
Protein	3.2g

* Percent Daily Values are based on a 2,000 calorie diet.

GROUND BEEF AND EGG CASSEROLE

Ingredients

- 1 lb. lean ground **beef**
- 2 tbsps. Italian **seasoning**
- 16 ounces diced **tomatoes**, drained
- 12 ounces wide egg **noodles**
- 2 tbsps. **butter**
- 1 tsp. **salt**
- 1/2 tsp. black **pepper**
- 8 ounces cream **cheese**, cubed
- 4 ounces cottage **cheese**
- 8 ounces sour **cream**
- 8 ounces cheddar **cheese**, shredded

Directions

- Add the beef and the Italian seasoning into a frying pan and sauté for a few minutes. Remove the fat, stir in the tomatoes and leave aside.
- Cook the egg noodles. Place the butter, cream cheese, sour cream, cottage cheese, salt and pepper in bowl and leave aside.
- Drain the noodles and remove the liquid. Add the noodles to the cream cheese mixture and allow to coat well. Leave until the cheese is melted.
- Rub butter on a casserole dish and place half the quantity of noodles in the dish. Top up with 2/3 of the ground beef mixture. Place half the quantity of the cheddar cheese on top.
- Stir in the balance noodles. Fold in the balance ground beef mixture and sprinkle the balance cheddar on top. Cook in the oven for 50 minutes at a temperature of 350F.
- Enjoy.

Servings per Recipe: 12

Timing Information:

Preparation	30 mins
Total Time	1 hr 15 mins

Nutritional Information:

Calories	389.4
Fat	24.1g
Cholesterol	106.4mg
Sodium	474.8mg
Carbohydrates	23.7g
Protein	19.3g

* Percent Daily Values are based on a 2,000 calorie diet.

RANCHEROS EGGS

Ingredients

- 8 ounces chopped green **chilies**
- 1 lb. Monterey jack **cheese**
- 12 **eggs**
- 16 ounces sour **cream**
- **salt** and **pepper**

Directions

- Before you do anything set the oven to 375F.
- Butter a casserole dish.
- Place chiles on the bottom.
- Cut the cheese into slices and top up the chiles.
- Add the sour cream to the eggs and whisk in a bowl.
- Fold in the eggs mix over the cheese.
- Cook in the oven for 43 minutes until done.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	40 mins

Nutritional Information:

Calories	893.2
Fat	72.4g
Cholesterol	721.6mg
Sodium	923.4mg
Carbohydrates	10.7g
Protein	50.3g

* Percent Daily Values are based on a 2,000 calorie diet.

GARLIC CHEESE STUFFED EGGS

Ingredients

- 5 1/4 ounces boursin **cheese**, garlic and herb flavor cheese
- 4 ounces sour **cream**
- 12 **eggs**, hard-boiled

Directions

- Place Boursin cheese and sour cream in a small bowl and combine well.
- Cut the eggs along the length. Separate the egg yolks from the whites, botch the yolks with a fork and add onto the cheese mixture.
- Scoop out the cheese mixture into the egg whites.
- Enjoy.

Servings per Recipe: 12

Timing Information:

Preparation	15 mins
Total Time	30 mins

Nutritional Information:

Calories	90.7
Fat	6.7g
Cholesterol	191.1mg
Sodium	78.9mg
Carbohydrates	0.6g
Protein	6.4g

* Percent Daily Values are based on a 2,000 calorie diet.

EGG SALAD SANDWICHES

Ingredients

- 6 **eggs**
- 1/3 cup **chives**, chopped
- **salt**
- **pepper**
- 1/3 cup **mayonnaise**
- 2 tsps. white wine **vinegar**
- 2 tsps. Dijon **mustard**
- 4 slices **bread**
- 1 small bunch **watercress**

Directions

To hard boil the eggs:

- Place the 6 eggs in a saucepan. Add cold water into the saucepan. Cover with lid and allow to boil. Once boiling take out from the heat and leave aside for 12 minutes. Remove the excess hot water and pour cold water into the saucepan. Allow to sit for 6 minutes, remove the water again and fill the saucepan once again with cold water.
- Once cooled remove the shells and slice the eggs into pieces.

To prepare the egg salad:

- Place the eggs, chicken and seasonings in a bowl and mix well.
- Stir in the mayonnaise, mustard and vinegar and combine well.
- To prepare the sandwich
- Slightly toast the slices of bread.
- Lay the watercress on the bread and top up with egg salad.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	15 mins
Total Time	32 mins

Nutritional Information:

Calories	252.9
Fat	14.6g
Cholesterol	284.0mg
Sodium	401.8mg
Carbohydrates	18.1g
Protein	11.7g

* Percent Daily Values are based on a 2,000 calorie diet.

PARMESAN EGGS WITH SPEARS

Ingredients

- 1 lb. **asparagus**, trimmed of tough ends
- 2 cups **egg** substitute
- **salt** and **pepper**
- 1 tbsp. **basil** leaves, minced
- 1 tsp. **butter**
- 4 ounces Neufchatel **cheese**, cut
- 1/2 cup shredded mozzarella **cheese**
- 3 tbsps. grated parmesan **cheese**

Directions

- Pour about 1" water into a pot and allow to boil. Slice the asparagus into 1" parts. Stir in the asparagus pieces to the boiling water and leave for 4 minutes until the asparagus become soft. Remove the excess water with the use of a colander. Whisk the egg substitute, basil and seasonings and combine well. Place butter into another frying pan and heat well.
- Fold in the egg substitute mixture and sprinkle Neufchatel cheese on top. Allow to scramble the eggs. Stir in the asparagus, parmesan and mozzarella. Garnish with basil depending on your desire.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	6 mins
Total Time	15 mins

Nutritional Information:

Calories	271.0
Fat	16.2g
Cholesterol	39.6mg
Sodium	503.0mg
Carbohydrates	6.8g
Protein	25.2g

* Percent Daily Values are based on a 2,000 calorie diet.

EGGS IN A BOAT II

(COUNTRY STYLE)

Ingredients

- 2 slices country **bread**
- 1 tbsp. unsalted **butter**
- 2 large **eggs**
- 1/4 cup **crème** fraiche
- 4 ounces smoked **salmon**
- 1 tbsp. **capers**
- 1/2 small red **onion**, sliced
- black **pepper**

Directions

- Cut a hole of about 3" diameter with the use of a drinking glass on each bread slice. Place the butter in a frying pan and allow to melt. Place the slices of bread in the frying pan, break and egg into the hole.
- Sprinkle salmon, capers, crème fraiche and red onion on top; adjust seasonings with about 1/4 tsp pepper.
- Enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	5 mins
Total Time	10 mins

Nutritional Information:

Calories	488.4
Fat	25.3g
Cholesterol	255.8mg
Sodium	1011.5mg
Carbohydrates	39.1g
Protein	25.7g

* Percent Daily Values are based on a 2,000 calorie diet.

FETA BAKED EGGS

Ingredients

- 1 tbsp. **butter**
- 2 **eggs**
- 1/4 cup feta **cheese**, crumbled
- **pepper**, dash

Directions

- Place the butter in a casserole dish and allow to melt.
- Fold in the eggs.
- Sprinkle cheese on top.
- Stir in pepper.
- Cook in the oven for 12 minutes at a temperature of 350F until eggs are firm.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	15 mins

Nutritional Information:

Calories	343.8
Fat	29.0g
Cholesterol	435.9mg
Sodium	661.8mg
Carbohydrates	2.2g
Protein	18.0g

* Percent Daily Values are based on a 2,000 calorie diet.

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