

Eating Well: Egg Dishes & Breakfast Foods

April 2019

Ultimate Breakfast Toast

Ingredient:

Fresh or frozen berries, mixed. 2 cups
Fresh lime juice 1 Tbsp.
Fresh Ginger, peeled & sliced 1 z91/4 inch thick)
Ricotta cheese,, part-skim ½ cup
Multi-grain bread slices, toasted 4
Ripe peach, sliced X11 (5 oz)
Fresh blackberries, halved ½ cup
Toasted pecans, chopped 5 Tbsp.
Honey, 2 Tbsp.

Directions:

Stir together berries, lime juice & ginger in a medium size microwave-safe bowl; microwave 5 minutes. Let jam cool to room temperature, 10-20 minutes. Remove & discard ginger.
Spread 2 Tbsp. Ricotta on each toasted bread slice. Dollop each slice with 2 Tbsp. Of the fruit jam. Top evenly with peach slices, blackberries & pecans. Drizzle evenly with honey.

Serves: 4. (1 slice = serving)

307 calories, 9g protein, 50 g CHO, 140 mg sodium, 6 g fiber, 0 g Fat

Hummus & Avocado Flatbread with a Crispy Fried Egg

Ingredients:

Olive oil, 2 tsp.

Large Egg, 1

Plain hummus, 3 Tbsp.

Whole-wheat flatbread, toasted x 1

Avocado, sliced ¼

Kosher salt & black pepper to taste

Crushed red pepper flakes & fresh cilantro leaves for serving

Directions:

Heat the oil in a small nonstick skillet over medium heat.

Add the egg to the skillet, cover & cook the egg until the edges are crispy & the yolk & whites are set, 2-3 minutes.

While the egg cooks, smear the hummus on the toasted flatbread & top with the avocado. Slide the cooked egg on top, then sprinkle with ¼ tsp. Each salt & pepper (optional).

Top with some red pepper flakes & cilantro leaves. May also drizzle any leftover hot oil from the pan onto the flatbread.

Serves: 1

Breakfast Caprese

Ingredients:

Large eggs, 2
Fresh mozzarella, 3 thin slices (about 2 oz)
Medium tomato, 1, thinly sliced
Olive oil, 1 tsp
Kosher salt & black pepper, to taste

Directions:

Bring a small pot of water to a boil, cook eggs to a soft-boiled consistency; about 6 minutes. Run cold water over egg to cool.. Peel off shell.

Arrange the mozzarella cheese slices on a plate & arrange tomato slices as well.

Secure the soft-boiled egg in the center; drizzle with olive oil and salt & pepper to taste. Optional: May serve the above onto of a piece of multi-grain toast.

Slice into the egg so that the yolk runs over.

Serves: 1

Greek-style Zucchini & Egg Casserole

Ingredients:

Zucchini, shredded x 4
Salt & pepper
Olive oil, 1 Tbsp.
Scallions, sliced thin x 8
Garlic cloves, minced x 2
Large eggs, 6
Whole milk, ¼ cup
Feta cheese, 4 ounces, crumbled (1 cup)
Fresh dill, ¼ cup minced
Fresh oregano, chopped, 1 Tbsp.

Heat oven to 375 degrees.

Toss zucchini with 1 tsp. Salt and let drain in a fine-mesh strainer for 10 minutes. Wrap zucchini in a clean dish towel, squeeze out excess liquid & set aside.

Heat oil in a 12-inch non-stick skillet over medium heat until shimmering. Add scallions & garlic & cook until scallions are softened, about 2 minutes.

Stir in zucchini, cover & cook until zucchini has released its liquid, 4 to 6 minutes. Uncover & continue to cook until zucchini is dry, about 1 minute, let cool slightly.

Beat eggs, milk, & ½ tsp pepper, Together with fork in bowl until thoroughly combined & mixture is pure yellow, do not overheat. Stir in feta, dill, oregano & zucchini mixture until combined.

Transfer mixture to a greased 13 x 9-inch baking dish and bake until eggs are just set & edges are beginning to brown, about 20 to 25 minutes.

Serve warm or at room temperature.

Serves: 6-8

Easy Vegetable- Ham Frittata

Ingredients:

Olive oil, 2 Tbsp.

Shallots, chopped x 2

Broccoli florets, 8 oz.

Zucchini, 1 medium, cut into ½" thick slices

Lower-sodium ham, ½ cup, chopped

Cooking spray

Large eggs, 12

Parmesan cheese, grated, ¼ cup

Fresh basil, chopped ¼ cup (or may use flat-leaf parsley)

. Black pepper, to taste

Directions:

Heat olive oil in a large skillet over medium heat.

Add shallots, broccoli, & zucchini and cook, stirring often, until slightly browned, about. 3 minutes.

Add ham & cook 2 minutes. Remove from heat & let cool.

Coat bottom and 2 inches up sides of a 5 qt. Slow cooker with cooking spray; add vegetable mixture.

Whisk together eggs, Parmesan cheese, basil & pepper; pour over vegetables in cooker. Cover slow cooker, and cook on high until frittata is set and the tip of the knife comes out clean, about 1 hour & 45 minutes.

Cut into 8 slices; lift slices out with a spatula to plate.

Serves:8

Calories: 349, Fat: 23 g, Protein: 27 g, CHO: 9 g, Fiber: 2 g, Sodium: 610 mg