

BAKED EGGS IN BREAD BOWLS

Dinner rolls

Eggs, large, one for each roll

Mixed herbs, chopped, such as, parsley, chives and tarragon, about a teaspoon for each roll

1 teaspoon skim milk for each roll

Salt and pepper

Parmesan cheese, grated, as much as you want to sprinkle on each roll

Slice off top of each dinner roll and gently remove some bread until there is a hole large enough to accommodate an egg. Arrange rolls on a baking sheet. Reserve tops. Crack an egg into each roll. Top each egg with some herbs and a bit of cream. Season with salt and pepper. Sprinkle with Parmesan. Bake in a 350 degree oven until eggs are set and bread is toasted 20 to 25 minutes. After eggs have cooked for 20 minutes, place bread tops on baking sheet and bake until golden brown. Let sit 5 minutes.



Nutritional Analysis per serving: calories 243, protein 16 g, carbohydrates 29 g, fat 8 g (2 g saturated), cholesterol 215 mg, sodium 445 mg.

MINI BREAKFAST PIZZAS

1 pkg. refrigerated whole wheat reduced fat biscuits (includes 8)

1 cup pizza sauce

6 eggs, scrambled

1/2 cup skim milk

1/4 cup green pepper

1 teaspoon pizza seasoning

1/2 cup reduced-fat Marble Jack or mozzarella cheese

Place biscuits on two cookie sheets. Flatten biscuits, making a small edge around the sides. Bake for 15 minutes at 375°F. While baking, scramble eggs, milk, and pizza seasoning together. Remove biscuits from oven. Pour 2 tablespoons of pizza sauce on each biscuit. Top with scrambled egg mixture and place 1 tablespoon cheese on top of the eggs. Place back in oven and bake for 5 minutes, or until cheese is melted.

Makes 8 servings.

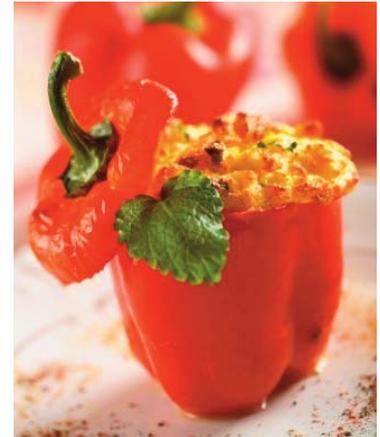
Nutritional Analysis per serving: calories 182, protein 17 g, carbohydrates 17 g, fat 5 g (2 g saturated), cholesterol 167 mg, sodium 615 mg.



POT-O-GOLD PEPPERS

- 4 sweet peppers (green, yellow, 1/2 or red) approx. 4 ounces each
- 1/2 cup salsa
- 1/2 cup broccoli
- 4 eggs
- 1 cup low-fat cheese, shredded
- 1/2 cup skim milk

1. Cut the tops off the peppers and remove the seeds (wash all vegetables). In a medium size bowl, beat the eggs and milk together. Stir in salsa. Add broccoli and 3/4 cup of cheese.
2. Stand peppers in custard cups. Fill the peppers 2/3 to 3/4 of the way full with the mixture.
3. Place the peppers in the cups on a plate, platter, or tray. Microwave peppers on full power for 6 minutes. Rotate the plate 180°. Cook on 50% power rotating the plate every 3 minutes, until a knife can be inserted into the center and comes out clean (about 10-14 minutes). Peppers may vary; remove each pepper as it is done.
4. Let stand for 5 minutes. Sprinkle with remaining cheese.



Makes 4 servings.

Nutritional Analysis per serving: calories 164, protein 16 g, carbohydrates 10 g, fat 7 g (3 g saturated), cholesterol 218 mg, sodium 913 mg.

COFFEE CUP SCRAMBLE

- 2 eggs
- 2 tablespoons skim milk
- 2 tablespoons low-fat Cheddar cheese, shredded
- Salt and Pepper

1. Coat 12-oz. microwave-safe coffee mug with cooking spray. Add eggs and milk; beat until blended.
2. Microwave on High 45 seconds, stir. Microwave until eggs are almost set, 30 to 45 seconds longer.
3. Top with cheese; season with salt and pepper.



Nutritional Analysis per serving: calories 201, protein 20 g, carbohydrates 3 g, fat 12 g (4 g saturated), cholesterol 429 mg, sodium 326 mg.

1-2-3 QUICHE

- 6 eggs
- 1 cup skim milk
- 1 cup low-fat cheese, shredded
- 1 cup cooked meat and/or vegetables
- 1 9-inch deep dish frozen pie shell

1. In medium bowl, thoroughly beat eggs and milk. Stir in remaining ingredients.
2. Pour into prepared crust and bake at 375 degrees for 35-45 minutes.
3. Let stand 5 minutes before serving

Makes 6 servings.

Nutritional Analysis per serving: calories 291, protein 20 g, carbohydrates 18 g, fat 15 g (6 g saturated), cholesterol 229 mg, sodium 390 mg.



OMELET-ON-THE-GO

- 2 large eggs
- 2 tablespoons water
- 1/8 teaspoon salt dash pepper, if desired
- 1/2 cup filling ingredients (i.e. chopped or shredded cheese, vegetables, meat)
- 1 flour tortilla

1. In a small bowl, beat together eggs, water, salt, and pepper, if desired, until blended. In a 7-10 inch omelet pan or skillet over medium-high heat, heat butter until just hot enough to sizzle a drop of hot water. Pour in egg mixture. Mixture should set immediately at edges.
2. With inverted pancake turner, carefully push cooked portion at edges toward center so uncooked portions can reach hot pan surface. Tilt pan and move cooked portions as necessary. When top is thickened and no visible liquid egg remains, fill with desired ingredients. With a pancake turner, fold omelet in half.
3. Place flour tortilla on plate. Invert omelet onto flour tortilla with a quick flip of the wrist or slide from pan onto plate. Roll the flour tortilla, folding in sides as you go.

Makes 1 serving.

Nutritional Analysis per serving: calories 338, protein 24 g, carbohydrates 27 g, fat 15 g (5 g saturated), cholesterol 429 mg, sodium 659 mg.



LEMON CHIFFON WITH BERRIES

- 4 eggs
- 1/3 cup lemon juice
- 1/2 cup of substitute sugar
- 2 to 3 cups fresh berries

1. Place lemon juice and sugar in saucepan. Heat and stir until sugar dissolves. Remove from heat.
2. Crack eggs into a bowl and whisk well. Slowly pour the lemon sugar mixture into the eggs while whisking. Whisk for 1 minute and then return egg mixture to the saucepan. Whisk and cook on low to medium for several minutes until the egg mixture thickens. The more you whisk, the lighter the mixture will be. This will take 2-5 minutes depending on your equipment. When it coats the back of a spoon it is ready to be removed from the heat and refrigerated. It will thicken more as it cools.
3. Cool for one hour or more. Place some of the lemon chiffon in a dessert glass or bowl and spoon berries over or layer lemon cream and berries. Top with berries.



Makes 4 servings.

Nutritional Analysis per serving: calories 188, protein 7 g, carbohydrates 31 g, fat 5 g (2 g saturated), cholesterol 211 mg, sodium 71 mg.

TACO FRITTATA

- 1/2 pound lean ground meat
- 1 teaspoon minced onion
- 1/2 package taco seasoning
- 1/4 cup water
- 10 eggs
- 1 cup low-fat Cheddar cheese
- Salsa
- Tortilla chips
- Shredded lettuce

1. Brown meat with minced onion in 10-inch skillet. Drain.
2. Add taco seasoning and water; simmer for 2 minutes.
3. Beat eggs and pour over meat mixture. Cover pan and turn heat to low. Cook 10-12 minutes until eggs are set.
4. Sprinkle with cheese and cover skillet until cheese melts. Serve with salsa, lettuce, and chips, as desired.



Makes 6 servings.

Nutritional Analysis per serving: calories 306, protein 38 g, carbohydrates 3 g, fat 16 g (6 g saturated), cholesterol 440 mg, sodium 494 mg.