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Egg

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Southwestern Sweet Potato & Egg Hash

Cooking Light



1 serving



30 minutes

INGREDIENTS

- 3/4 cup (1/2 in.) diced peeled sweet potato
- 2 teaspoons water
- 1 1/2 teaspoons olive oil, divided
- 2/3 cup chopped red bell pepper
- 1/4 teaspoon chili powder
- 1/8 teaspoon kosher salt
- 1/8 teaspoon ground cumin
- 1/4 cup unsalted canned black beans, rinsed and drained
- 1 large egg; 1 tablespoon chopped fresh cilantro
- 2 tablespoons of favorite hot sauce, pictured is [Green Goddess Avocado Sauce](#) (optional)



INSTRUCTIONS

1. Place potatoes and 2 teaspoons water in a microwave-safe dish; cover with plastic wrap. Microwave at high until tender, about 4 minutes. Place potatoes on a paper towel-lined plate. Let stand 5 minutes.
2. Heat 1 teaspoon oil in a cast-iron skillet over medium-high. Add potatoes, bell pepper, chili powder, salt, and cumin; cook until potatoes are crisp, 6 to 8 minutes. Stir in black beans; transfer to a plate.
3. Reduce heat to medium. Add remaining 1/2 teaspoon oil to pan. Crack egg into pan; cook until whites are set, 3 to 4 minutes. Place egg on potato mixture. Top with Green Goddess Sauce and cilantro.

NUTRITIONAL INFORMATION

Calories 397

Fat 21g

Protein 13g

Sugars 9g

Carbohydrates 38g

Breakfast Egg Muffins: 3 ways

Cafe Delites



12 servings



35 minutes

INGREDIENTS

BASE:

- 12 large eggs
- 2 tablespoons finely chopped onion, (red, white or yellow/brown)
- Salt and pepper, to taste

TOMATO SPINACH MOZZARELLA:

- 1/4 cup fresh spinach, roughly chopped
- 8 grape or cherry tomatoes, halved
- 1/4 cup shredded mozzarella cheese

BACON CHEDDAR:

- 1/4 cup cooked bacon, chopped
- 1/4 cup shredded cheddar cheese

GARLIC MUSHROOM PEPPER:

- 1/4 cup sliced brown mushrooms
- 1/4 cup red bell pepper, (capsicum), diced
- 1 tablespoon fresh chopped parsley
- 1/4 teaspoon garlic powder or 1/3 teaspoon minced garlic



INSTRUCTIONS

1. Preheat oven to 350°F | 180°C. Lightly spray a 12-cup capacity muffin tin with nonstick oil spray.
2. In a large bowl, whisk together eggs and onion. Season with salt and pepper, to taste.
3. Add egg mixture halfway up into each tin of a greased muffin tin.
4. Divide the three topping combinations into 4 muffin cups each.
5. Bake for 15-20 minutes, until set.
6. Let cool slightly, then serve OR store in an airtight container in the refrigerator for up to 4 days and reheat when ready to serve.

NUTRITIONAL INFORMATION

Calories 82

Fat 5g

Protein 6g

Carbohydrate: 1g

Fiery Protein Packed Diablo Eggs

Eat This, Not That!



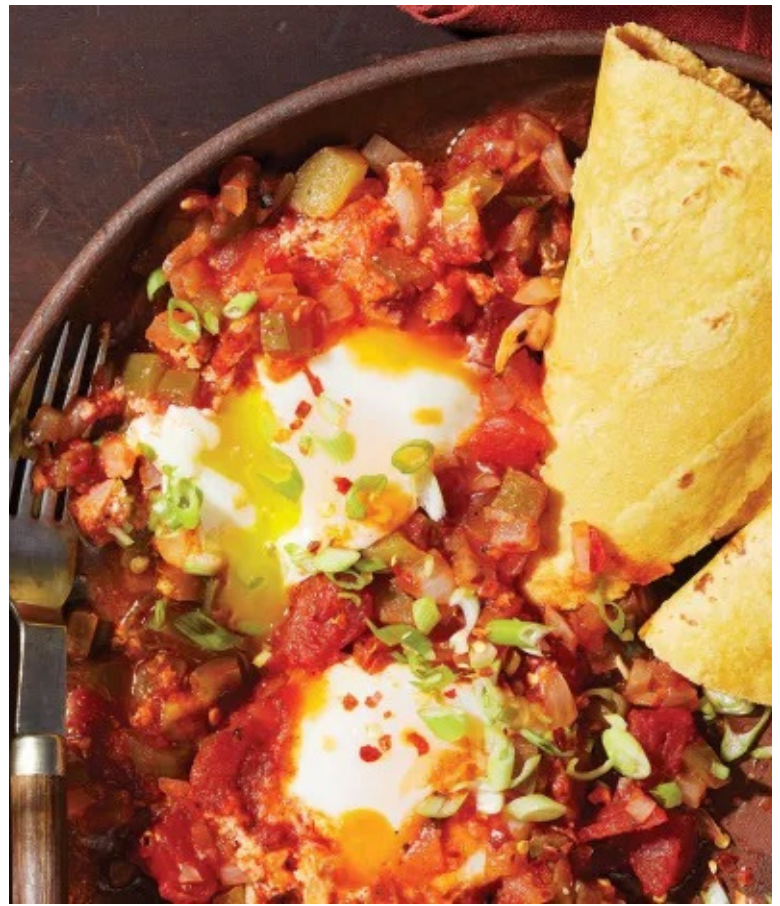
4 servings



20 minutes

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 1 tablespoon minced garlic
- 1 14.5-oz can no-salt-added fire-roasted diced tomatoes, undrained
- 1 8-oz can no-salt-added tomato sauce
- 1/2 tsp crushed red pepper flakes
- 8 eggs
- 2 tablespoon sliced green onions (scallions)
- 8 corn tortillas, warmed
- Salt and black pepper to taste



INSTRUCTIONS

1. In a large skillet, heat oil over medium heat. Add the chopped onion, pepper, and garlic. Cook for 3 to 4 minutes, stirring occasionally until vegetables are tender. Add tomatoes, tomato sauce, and red pepper flakes. Cook for 5 minutes, or until sauce is bubbling around edges.
2. Form a small indentation in the sauce. Break an egg into a cup and slip into sauce; repeat with remaining eggs. Cover pan and cook 3 to 5 minutes, or until egg whites are completely set and yolks start to thicken.
3. Sprinkle eggs with green onions. Serve with corn tortillas. Season with salt and pepper.

NUTRITIONAL INFORMATION

Calories 346

Fat 14g

Protein 17g

Sugars 8g

Easy Frittata With Arugula & Red Peppers

Eat This, Not That!



4 servings



20 minutes

INGREDIENTS

½ Tbsp olive oil

¼ cup bottled roasted red peppers, chopped

1 clove garlic, minced

4 cups baby arugula or baby spinach

4 thin slices prosciutto or other good ham, cut into strips

8 eggs, beaten

Salt and black pepper to taste

½ cup crumbled goat cheese



INSTRUCTIONS

1. Preheat the broiler. Heat the olive oil in a nonstick, 12" oven-safe skillet over medium-low heat.
2. Add the roasted pepper and garlic and cook for about 1 minute, until the garlic is fragrant but not browned.
3. Stir in the arugula and cook for another 2 minutes or so, until lightly wilted.
4. Add the prosciutto, then pour the eggs over the top.
5. Season the eggs with a good amount of salt and pepper, then dot with the crumbled goat cheese.
6. Cook on the stovetop for 5 to 6 minutes, until most of the egg has set.
7. Place the pan 6" under the broiler and cook for about 3 minutes, until the rest of the egg has fully set and the top of the frittata has begun to brown.
8. Cool slightly, remove from the pan, and cut into wedges.

NUTRITIONAL INFORMATION

Calories 325

Fat 21g

Egg, Spinach and Feta Breakfast Wrap

Eating Bird Food



1 serving



15 minutes

INGREDIENTS

- 1 whole grain or grain-free tortilla
- 1-2 Tablespoons hummus, any flavor will work
- 1 egg
- ¼ cup egg whites
- ⅓ cup onion, chopped
- 2 button mushrooms, sliced
- 2 cups baby spinach
- 1 Tablespoon crumbled feta
- 1 Tablespoon sun-dried tomatoes, chopped
- sea salt and fresh ground pepper, to taste
- hot sauce, for topping (optional)



INSTRUCTIONS

1. Spray skillet with cooking spray and sauté onion and mushrooms for 3-4 minutes or until fragrant. Add spinach and sauté for a few minutes longer, until spinach has wilted.
2. Add egg and egg whites to pan with veggies and cook for about 2 minutes or until eggs are cooked through. While cooking sprinkle on a little sea salt and ground pepper.
3. Warm up the tortilla and the spread on a layer of hummus. Place the egg scramble in the center of the tortilla and top with sun-dried tomatoes and feta. Sprinkle on a little more salt and pepper as well as hot sauce, if using.
4. Wrap tortilla up and serve!

NUTRITIONAL INFORMATION

Calories 304

Fat 11g

Protein 23g

Sugars 5g

Carbohydrates 25g