



EGG DISHES & BREAKFAST FOODS
RECIPES

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Asparagus and Corn Omelet

(RR, SS, CC)

1 TBSP extra virgin olive oil
1 bunch (5½ oz.) stalk asparagus
½ cup fresh corn kernels
1 TBSP fresh parsley
Salt and pepper to taste
4 whole eggs
2 TBSP parmesan cheese, finely grated
2 slices whole grain bread (omit for grain free programs)
1 avocado

Heat 2 tsp of the oil in a small non-stick frying pan over medium-high heat. Add the asparagus and corn and cook 2-3 minutes or until vegetables are just tender. Remove to a bowl, stir in parsley and season well. Use a fork to whisk the eggs with 2 TBSP water. Heat 1 tsp of the remaining oil in the frying pan over medium heat. Pour in half of the egg mixture and cook for 3 minutes, or until almost set, using a fork to pull the cooked egg away from the edges and allow the uncooked egg to run to the edges. Sprinkle half the asparagus and corn mixture and half the parmesan cheese over half of the omelet and fold over to enclose. Loft out and carefully set aside. Repeat with the remaining egg and filling. Spread each toast with avocado and serve with omelet.

Asparagus Frittata

Serves 4

2 cups asparagus
1 leek
2 cups baby spinach
1 tsp extra virgin olive oil
1/8 tsp black pepper
6 large eggs
1 cup low fat parmesan cheese – grated
1 TBSP butter

Preheat broiler and set rack 6 inches from the flame. Crack eggs into a large bowl; add pepper and cheese. Lightly scramble and set aside. In a large oven-safe pan, heat oil and butter over medium-high heat. Add the leek and sauté for 1 minute, stirring occasionally. Add the asparagus, sauté for 3 minutes or until almost fully cooked. Add spinach and season with salt and pepper. When the spinach is almost fully wilted, spread the mixture across the bottom of the pan and pour eggs over top. Turn pan so eggs fully cover vegetables. When the edges of the eggs start to separate from the edges of the pan, turn off heat. Place pan under the broiler until the frittata is lightly golden and the eggs are fully set, about 5 minutes. Immediately turn the frittata onto a serving plate and garnish with extra parmesan, if desired. Cut into slices and serve.

Bell Pepper Omelet

(RR, SS, CC)

Serves 4

5 cilantro leaves
½ cup each of sliced yellow and red pepper
1 TBSP vegetable oil
1/8 cup low-fat milk
2 jumbo eggs
¼ cup water
1 clove garlic
½ chopped zucchini
½ cup low-fat parmesan grated cheese

Preheat oven to 450 degrees. Heat oil in skillet at medium heat. Add sliced peppers, chopped zucchini and minced garlic and cook until ingredients begin to soften. Whisk eggs to vegetables in skillet and cook 5-7 minutes while lifting the edges to let excess egg go underneath. Transfer skillet to oven and bake until top of omelet is golden brown. Sprinkle with cilantro.

Blueberry-Almond Pancakes

(SS, CC)

Serves 2

½ cup oat flour
¼ cup almonds
½ cup whole grain flour
1 cup of 2% milk
1 tsp baking powder
½ cup blueberries
3 eggs

Sieve the dry ingredients into a mixing bowl. Add the egg whites and mix together. Add half the milk and mix in well before adding other half of the milk. Add the blueberries and spoon small amounts of the mixture into a pan to form pancakes. Cook 30 seconds on each side or until brown.

Grain-Free Protein Pancakes

(FS, RR, SS, CC)

Serves 1

2 scoops TLS Nutrition Shake —Vanilla
3 oz. unsweetened apple sauce
2 eggs
Cinnamon and nutmeg to taste
Coconut oil

Mix all ingredients together. Add coconut oil to a pan and when melted, spoon mixture into pan to form pancakes. Cook on medium high heat until browned and flip.

Broccoli and Cheese omelet

(RR, SS, CC)

Serves 4

1 cup broccoli florets
4 TBSP shallots
1 TBSP water
1 cup 100% liquid egg whites
4oz low-fat Swiss cheese

Mix broccoli, shallots and water in a microwavable bowl and cover with plastic wrap. Microwave on high 3½ minutes until broccoli is soft, or steam. In a medium saucepan, heat cooking spray, pour in egg whites and swirl to coat bottom of the pan. Place cheese on half of the omelet and cover with broccoli mixture. Fold over, lower heat, and cook 1-2 minutes.

Chicken and Vegetable Frittata

(RR, SS, CC)

Serves 4

1 tsp unsalted butter
¼ cup sliced mushrooms
¼ cup chopped red bell pepper
2 TBSP parmesan cheese
2 TBSP low-fat cheddar cheese
Chicken breast, cubed
3 eggs

Grill chicken. Beat eggs in a bowl and add chicken and parmesan cheese. Melt butter in a skillet over medium-high heat and add vegetables; cook until slightly tender (about 5 minutes). Reduce heat and add egg mixture. Cover and cook without stirring for 3-5 minutes or until egg is set. Sprinkle cheddar cheese over the egg mixture and cover for 1 minutes to melt cheese.

Cinnamon French Toast

(SS, CC)

Serves 1

2 eggs
1 TBSP vanilla extract
2 slices high fiber whole grain bread
1 TBSP butter
1 tsp cinnamon

Heat a large non-stick griddle until hot and brush with butter. Put eggs in a shallow dish and beat well with the vanilla extract and cinnamon. Dip bread into egg mixture, turning once to coat. Place the bread slices in the pan and cook 2 minutes, until golden brown and crisp.

Cottage Cheese Pancakes

(SS, CC)

Serves 4

½ tsp vanilla extract
1 cup low fat cottage cheese
3 eggs
2 TBSP olive oil
1/3 cup whole wheat flour

Combine all ingredients and use as batter for pancakes or waffles. Heat a large skillet over medium heat and spray with cooking spray. Pour 1/3 of the batter in the skillet and cook until bubbles appear on the surface. Flip with a spatula and cook until browned on the other side.

Egg Breakfast Muffins with Mushrooms and Cheese

(SS, CC)

Serves 6

¼ cup whole grain flour
1/ cup crumpled feta cheese
2 TBSP chopped scallions
3 TBSP water
1 oz. Spike seasoning
2/3 cup almonds, ground
1 tsp baking powder
¼ cup grated parmesan cheese
1/3 cup low-fat cottage cheese
1 cup mushrooms

Preheat oven to 400 degrees. Wash and dry mushrooms. Heat oil in skillet, then add mushrooms and sauté for 5 minutes, until mushrooms start to brown and all liquid has evaporated. While mushrooms are cooking, combine cottage cheese, parmesan cheese, flour, almond meal, baking powder, Spike seasoning, eggs (beaten) and water in a large bowl. When mushrooms are done and slightly cooled, gently stir them into mix, then stir in feta cheese and scallions. Spray muffin tins with cooking spray and fill about ¾ full with batter. Bake 25 minutes or until muffins are browned and firm. Can re-heat in microwave for 1-2 minutes.

Easy Spinach and Onion Egg bake – Breakfast for 6 days!

(Detox, FS, RR, SS, CC)

Serves 1 (or 6)

1-32 oz. carton of liquid egg whites
3 eggs
1-10oz package frozen chopped spinach
1 onion, chopped

Defrost spinach according to directions. Spray a glass 9x11 baking dish with cooking spray. Add all ingredients. Bake at 350 degrees for 45 minutes. Split into 6 pieces. Store in refrigerator and reheat in a microwave for 1-2 minutes.

Egg Salad

(RR, SS, CC)

Serves 1

1 tsp yellow mustard
Dash black pepper
½ cup cottage cheese
2 large hard boiled eggs
1/8 chopped celery

Mix all ingredients together and serve.

Fresh Tomato and Feta Frittata

(RR, SS, CC)

Serves 1

1 egg
2 egg whites
½ cup tomatoes
1 TBSP reduced fat feta cheese

Whisk all ingredients together. Cook over medium heat (without stirring) in a small skillet coated with cooking spray for 4 minutes until eggs are firm. Flip and cook other side for 2 more minutes.

Mushroom and Spinach Egg Bake

(Detox, FS, RR, SS, CC)

Serves 6

1 quart liquid egg whites
1 cup mushrooms
3 cups spinach
Salt and pepper to taste

Mix all ingredients in a glass baking dish sprayed with cooking spray. Cook 45 minutes at 350 degrees. Makes 6 servings. Can refrigerate and re-heat in the microwave.

Oat Pancakes or Waffles

(SS, CC)

Serves 8

½ cup old fashioned oats
½ tsp baking powder
½ tsp baking soda
1 ½ cup low-fat buttermilk
1 ¼ cup whole grain flour
2 eggs, beaten
¼ cup butter unsalted
½ tsp salt

Mix flour, oats, baking powder, baking soda and salt together. Stir in buttermilk, eggs and butter until smooth. For waffles, add 1 more egg and 1 TBSP of oil. For pancakes, spray a pan with cooking spray and place over medium heat. Pour 2-3 TBSP of batter into frying pan. Cook 2-3 minutes until bubbles form on top of pancake. Flip and cook 2 more minutes. For waffles, add 1 cup batter to hot waffle iron and close lid. Allow to cook as desired crispness.

Poached Eggs with Fresh Shiitake Mushroom Sauce

(SS, CC)

Serves 4

2 TBSP white vinegar
4 shiitake mushrooms
1 TBSP olive oil
½ tsp soy sauce
½ tsp rice vinegar seasoned with salt and pepper
1/8 tsp salt
2 shallots, minced
2 whole wheat English muffins or whole grain bread
4 eggs

Boil water in a shallow and large pan or skillet over high heat. Add the vinegar. Discard stems of mushrooms and only use caps. Combine oil, soy sauce, vinegar, salt and pepper in a small skillet over medium heat. Add shallots and mushrooms and sauté for 3-4 minutes. Toast bread or English muffins.

While mushrooms sauté, use a spoon and stir the vinegar water in circular motion. Carefully break the eggs into the swirling water, keeping the water moving by gently stirring. Cook over low heat until the whites are firm, about 3-5 minutes. You can spoon some water over the yolks to finish cooking them if they have not set. Place bread on plates. Remove eggs from water with slotted spoon, being careful not to break them. Drain for a moment before placing them on top of the bread. Spoon the sautéed mushrooms over the top.

Protein Pancakes - 1

(SS, CC)

Serves 1

Cooking spray
¼ banana
1 cup fresh baby spinach leaves
1 TBSP peanut butter
½ cup strawberries
1 TBSP cinnamon
1 TBSP vanilla extract
½ oz. old fashioned oatmeal
5 egg whites

Heat pan on medium heat. Spray with cooking spray. Combine all ingredients in a blender (except fruits) for 30 seconds. Pour batter into pan. Add sliced fruit into batter by hand. Cover pan and cook 2-3 minutes until the tops bubble; flip and cook until done. Spread peanut butter over the pancakes.

Protein Pancakes - 2

(RR, SS, CC)

Serves 1

Cooking spray
1 banana, smashed
1 TBSP peanut butter
1 TBSP cinnamon
1 tsp nutmeg
½ tsp ground clove
1 TBSP vanilla extract
3 eggs

Heat pan on medium heat. Spray with cooking spray. Combine all ingredients in a blender for 30 seconds. Pour batter into pan. Cover pan and cook 2-3 minutes until the tops bubble; flip and cook until done. Spread peanut butter over the pancakes.

Scrambled Eggs with Goat Cheese

(RR, SS, CC)

Serves 2

4 egg yolks
1/8 TBSP salt
½ TBSP olive oil
1 TBSP low-fat milk
1/8 tsp pepper

In a bowl, whisk eggs with the milk, salt and pepper until blended. Heat the oil in a heavy-bottomed skillet over medium heat. When hot, add the eggs and shake the pan to distribute them evenly. Cook 1 minute, then distribute the goat cheese and herbs over the eggs. Scramble the eggs until done.

Soufflé Omelet with Zucchini, Artichoke and Cheddar

Serves 4

4 eggs
1 cup tomatoes
1/8 tsp pepper
1 TBSP olive oil
¼ tsp sea salt
2 medium zucchini, cut into half-inch pieces
4 egg whites
1 cup artichoke hearts, chopped
1 cup low-fat cheese shredded

Heat oil in a large skillet over medium-heat. Add zucchini, artichoke, and tomato. Cook 5 minutes, stirring occasionally, until vegetables are crisp-tender. Set aside. Beat the egg whites with a hand mixer until they form soft peaks. Add the whole eggs (lightly beaten), salt and pepper; stir. Cook 2-3 minutes, or until lightly browned on the bottom. Using a spatula, slide omelet onto a plate. Return it to the pan with cooked side facing up; cook 10-12 minutes; until golden. Place vegetable mixture and cheese on half the egg and fold it over to enclose filling. Press down lightly with the spatula until omelet holds its shape and the cheese melts.

Southwest Potato, Tofu and Spinach Scramble

(SS, CC)

Serves 4

1 TBSP olive oil
2 sweet potatoes, finely diced
1 yellow onion
2 tsp chili powder
1 tsp oregano
1 tsp cumin
½ TBSP salt
6 oz. baby spinach
½ cup water

Heat the olive oil in a skillet over medium-high heat and sauté the potatoes, onion, jalapeno, chili powder, oregano and cumin for 3 minutes, stirring frequently. Add the tofu and salt and stir to combine. Add ½ cup of water and immediately cover pan. Cook for 5 minutes. If the pan is very dry, stir in about 2 TBSP of water. Mound spinach on top of tofu mixture, cover and cook until the spinach wilts, about 2 minutes. Stir to incorporate the spinach into the tofu and potatoes. Cook until most of the water has evaporated.

Tomato-Mushroom Omelet

(RR, SS, CC)

Serves 1

2 eggs
¼ cup cheese
1 tomato, plum tomato
1 large mushroom cap, diced

Whisk eggs in a bowl and stir in cheese. Pour mixture into small frying pan that has been lightly sprayed with cooking spray. Evenly spread tomato and mushroom pieces over the top. Cook over low-medium heat for 10-15 minutes until eggs have set.

Vegetable Omelet with Turkey Bacon

(RR, SS, CC)

Serves 1

2 slices turkey bacon
2 eggs
2 TBSP green pepper
2 TBSP onions
2 tsp olive oil
3 mushrooms, sliced

Beat eggs in bowl. Cook vegetables in oil about 5 minutes. Reduce heat and add eggs. Cook until center is set. Loosen omelet with spatula and fold into an omelet shape. Serve with bacon on the side.

Zucchini Hash Browns

(Detox, FS, RR, SS, CC)

Serves 2

2 eggs
1 tsp garlic powder
1 tsp onion powder
1 dash pepper
2 tsp olive oil
1 cup shredded zucchini

Heat oil in skillet. Mix all ingredients together in a bowl and drop, by spoonfuls, into the hot skillet. After browning on one side, spray with cooking spray and flip; brown the other side.

Wild Mushroom and Herb Omelet

(RR, SS, CC)

Serves 2

1 TBSP scallions
2 eggs
3 cups mushrooms
1 TBSP chives
¼ tsp tarragon leaves
1/8 tsp pepper
4 egg whites
2 TBSP fat free sour cream
1 TBSP parsley
¼ cup low fat milk

Heat skillet over medium-high heat. Coat with cooking spray and add mushrooms until liquid evaporates. In a bowl, mix together 1 TBSP milk, sour cream and pepper. In another bowl, mix 2 TBSP milk, onion, chives, parsley, tarragon, egg whites and eggs. Re-spray pan with cooking spray, pour in egg mixture and cook until center is set; top with mushrooms. Loosen omelet and fold with spatula. Pour sour cream mixture over omelet (optional).

