

DISH ON EGGS

RECIPES FROM THE EGGSPERTS

53 SIMPLE EGG RECIPES

DISHONEGGS.COM

the incredible egg



53 RECIPES FROM THE EGGSPERTS

HOME COOKING MADE SIMPLE AND EGGS-CELLENT!

The EGGsperts from some of the nation's top egg farming states are dishing on their favorite, easy recipes featuring eggs. Crack open this cookbook for 53 family-friendly recipes made with household ingredients.

Eggs are the least expensive source of high-quality protein available. One large egg boasts six grams of high-quality protein and 13 essential vitamins and minerals, all for just 70 calories.

Eggs aren't just for breakfast – they add protein, flavor and texture to any meal, too! From tacos and pizzas to salads and pastas, everything is better when you put an egg on it. Families can cook their way across America with hometown favorites shared exclusively by the egg experts - all from their own kitchen.

Participating organizations in the virtual Dish on Eggs recipe exchange include: the Ohio Egg Marketing Program, Iowa Egg Council, Pacific Egg and Poultry Association, North Carolina Egg Association, Virginia Egg Council, Chicken & Egg Association of Minnesota, Indiana State Poultry Association, Michigan Allied Poultry Industries, and the Colorado Egg Producers.



TABLE OF CONTENTS



NO-STRESS STARTERS	BASIC BREAKFASTS	EASY ENTRÉES	KID-FRIENDLY FARE	DIY DESSERTS	SIMPLE STAPLES
Holiday Virginia Ham and Egg Puff Pastry Tart	Berry Delicious Brunch Casserole	Easy Shakshuka	Southwest Egg Tacos	Buckeye Cheesecake	Scrambled Eggs
Shrimp Deviled Eggs	Any "Thyme" Grits	Grilled Barbecue Bacon Meatloaf Sandwich	Turkey Sloppy Joe with Egg	California Fruit Trifle	Hard-Boiled Eggs
Monte Christo Sourdough Sandwich Bites	Crab Cake Benedict	Garlic Rice with Fried Egg	Stuffed Peppers with Egg Toppers	Cinnamon Craisins Strata	Over-Easy Eggs
Ham and Egg Roll Ups	Huevos Loma Vista	Savory Dinner Casserole	Riced Broccoli, Bacon and White Cheddar Egg Muffins	Flourless Chocolate Cake	Poached Eggs
Colorado Green Chile Egg Bites	Turkey Sausage Egg Bake	Egg & Turkey Pasta Salad	B.E.L.T. Pizza	Pecan Cranberry Tart	Omelets
Italian Stuffed Eggs	Turkey Sweet Potato Hash with Baked Eggs	Tomato and Onion Quiche	Ham, Spinach and Cheese Egg Boat	Pumpkin Pudding	
Spicy Egg Ring	Heart Healthy Hash	Italian Egg Bake	Sweet Potato Egg Boats	Butter Pecan Cream Cheese Pound Cake	
Orange Cranberry Chicken Popovers	Honey-Orange Duck Frittata	One Skillet Mediterranean Poached Eggs	Virginia is for Lovers Taco Frittata	Pumpkin Bread	
		Egg Foo (Fu) Yung			

NO-STRESS STARTERS



VIRGINIA HAM AND EGG PUFF PASTRY TART

Flaky puff pastry crust is topped with an herb cream cheese spread, eggs, bacon and peppers to make irresistible Bacon and Egg Puff Pastry Tarts.

INGREDIENTS

- 1 tbsp. flour
- 1 sheet puff pastry
- 1 egg, lightly beaten, plus 2 teaspoons milk for egg wash
- 5-6 oz of herb cream cheese spread OR crumbled goat cheese
- 3-4 slices of Virginia ham
- 1/2 cup chopped red bell pepper
- 6 medium eggs
- 3 tbsp. fresh parsley, chopped
- Cracked pepper, to taste



Serves: 6



35 minutes
20-25 mins. Preparation
8-11 mins. Cook/bake



Bake

TIP: Don't have ham on hand? Substitute it for bacon. You can make your own herb cream cheese by mixing together your favorite dried herbs and plain cream cheese.



PREPARATION

- ① Thaw puff pastry according to package directions.
- ② Preheat oven to 425° F.
- ③ Line cookie sheet or pizza pan with parchment.



DIRECTIONS

- ① Lightly flour a clean work surface and stretch pastry from a square to a circle (for pizza pan) or a larger square or rectangle (for cookie sheet) – about 12 x 12" or 15 x 9". Place on baking sheet and trim any overhanging pastry.
- ② Score ½" around edges with a sharp knife; prick center of pastry with a fork; brush edges with egg wash; refrigerate for 15 minutes.
- ③ Break cheese into small dollops and spread evenly over pastry. Sprinkle cooked bacon pieces and red pepper on top and bake 14 minutes, rotating baking sheet halfway through.
- ④ Remove from oven; make 6 indentations in pastry and crack eggs into each, spacing them around the pastry. Bake 8-11 minutes, or until egg whites set and yolks are nearly firm.
- ⑤ Slide tart onto serving platter; garnish with parsley and cracked pepper; cut into portions and serve immediately.

INGREDIENTS

- 6 large eggs, hard-boiled, peeled and halved
- 1/3 cup medium-sized shrimp, cooked, peeled, and deveined
- 3 tbsp. mayonnaise
- 1 tbsp. sour cream
- 2 tsp. Dijon mustard
- 2 tsp. fresh lemon juice
- Salt and freshly ground black pepper, to taste
- Additional shrimp, Old Bay and cocktail sauce, optional for garnish



30 minutes
10 mins. Preparation
20 mins. Cook/bake



Boil



Preparation

DIRECTIONS

- ① Prepare hard-boiled eggs.
- ② Finely mince shrimp and set aside.
- ③ Remove yolks and place in a small bowl. Mash yolks with a fork and stir in shrimp, mayonnaise, sour cream, mustard, and lemon juice. Add salt and pepper, to taste.
- ④ Fill egg whites evenly with yolk mixture. Garnish with additional shrimp, if desired. Add a sprinkle of Old Bay seasoning for another layer of flavor. A side of cocktail sauce makes for a nice presentation. Store covered in refrigerator.

TIP: Get creative and use ingredients you already have on hand. Make the basic filling and let the kids fill a small plastic bag with a small amount of the egg filling and let them add their favorite extra fillings (such as bacon, diced ham, cheddar cheese, etc.). Cut off the tip of the bag and let the kids pipe their mixture into the whites.



SHRIMP DEVILED EGGS

Shrimp Deviled Eggs are an easy twist on traditional deviled eggs that can be made up to 12 hours in advance for an easy, no-stress appetizer.



MONTE CRISTO SOURDOUGH SANDWICH BITES

Monte Cristo Sourdough Mini Sandwiches are a spin on the traditional Monte Cristo sandwich and are topped with blackberry jam, cinnamon and powdered sugar.

INGREDIENTS

- 2 eggs
- 1/2 cup milk
- 1/2 tbsp. ground cinnamon
- 4 eggs – fried
(season with salt and pepper)
- 8 slices sourdough bread
- 4 tbsp. cream cheese, divided
- 1 tablespoon blackberry jam
- 4 oz. cooked turkey slices
- 4 oz. cooked ham slices
- 1 tbsp. butter
- 1 1/2 tsp. powdered sugar
for garnish (optional)



Serves: 16

25 minutes
10-15 mins. Preparation
10 mins. Cook/bake

Stove Top

DIRECTIONS

- 1 Whisk 2 eggs until well beaten. Add milk and cinnamon. Pour into a pie plate and set aside. Fry the 4 remaining eggs, individually as if you were preparing for an egg sandwich. Break the yolks and cook until firm. Set aside to cool.
- 2 Spread 1 slice bread with 1 tablespoon of cream cheese, repeat with 3 more slices of bread. Build sandwiches by topping cream cheese layer with fried egg, 1 ounce of turkey and one ounce of ham. Spread 1 tablespoon of blackberry jam of remaining slice of bread and top the sandwiches.
- 3 Heat 1/2 butter in a 9 or 10-inch skillet over medium heat. Transfer 1 sandwich to the egg and milk mixture and allow to soak for 30 seconds. Flip the sandwich over and soak second side for 30 seconds. Transfer to skillet. Repeat for second sandwich. Cook 3-4 minutes on each side until golden brown. Transfer to paper towel and gently pat the top of the sandwiches. Repeat for remaining two sandwiches.
- 4 Cut each sandwich into quarters and transfer to serving tray.
- 5 **Optional:** Top with a dusting of powdered sugar.



TIP: This recipe is a nice treat from the normal breakfast or lunch dish. Any bread can be substituted as well as the blackberry jam. Kids and adults will love these bites.



HAM AND EGG ROLL UPS

Ham and Egg Roll Ups, made with sliced ham, cheddar cheese, baby spinach and plenty of eggs, are sure to get a thumbs up from the kids.

INGREDIENTS

- 10 eggs
- 1 1/2 cups shredded Gruyere cheese
- 1 cup baby spinach
- 1 cup chopped red pepper
- 20 slices of ham
- 2 tsp. garlic powder
- 2 tbsp. butter



Serves: 30

15-20 minutes
15-20 mins. Preparation
5 mins. Cook/bake

Bake



Stove Top

DIRECTIONS

- 1 Whisk together eggs and garlic powder, add salt and pepper if desired.
- 2 Melt butter in large nonstick skillet over medium heat. Add eggs and scramble. Stir in cheese until melted, then stir in baby spinach and tomatoes until combined.
- 3 On a cutting board, place two slices of ham flat on top of each other. Top with a spoonful of the scrambled egg mix and roll up. Repeat until you are out of your egg mixture.
- 4 Place roll-ups in a shallow baking dish and broil for 5 minutes or until ham is crispy.
- 5 Trim ends, if desired, and cut into thirds to serve.



TIP: Substitute turkey or chicken for the ham. If you don't have Gruyere on hand, use cheddar cheese.



COLORADO GREEN CHILE EGG BITES

Five-ingredent Green Chile Egg Bites are an easy, healthy snack or party appetizer and are easy to make ahead.

INGREDIENTS

- 6 eggs, beaten
- 4 cups grated sharp cheddar cheese
- 1 4-ounce can chopped, mild green chiles
- Butter
- Optional: 1 ½ cups of either fresh bacon bits, ham, chorizo can all be added with similar cook time



Serves: 32

40 minutes
10 mins. Preparation
30 mins. Cook/bake

Bake

DIRECTIONS

- 1 Butter the bottom of an 8x8 inch baking pan.
- 2 Spread green chiles on the bottom of the pan. Sprinkle cheese over chilies and pour eggs over all.
- 3 Bake uncovered at 350 degrees for 30 minutes, or until firm when the pan is shaken.
- 4 Cut in 1-inch squares (64 pieces) or desired size. Serve warm.



TIP: Cut into larger squares for an entree-sized portion.



INGREDIENTS

- 6 hard-boiled eggs
- 1/2 tsp. salt
- 1/2 cup ricotta cheese
- 1/4 cup sour cream
- 3 grape tomatoes, sliced in quarters
- 12 black olives, sliced
- 1 tbsp. minced chives
- 1 tbsp. fresh chopped basil
- 1 tbsp. cheddar cheese



Serves: 12

15 minutes
15 mins. Preparation

Preparation

DIRECTIONS

- 1 Cut eggs in half and remove yolks.
- 2 In a small bowl, mash yolks and mix with salt, ricotta cheese and sour cream. Divide mixture evenly among egg halves.
- 3 Top each egg with a tomato half and an olive slice.
- 4 Sprinkle chives, basil and cheese over eggs.



TIP: Get creative and use ingredients you already have on hand. Make the basic filling and let the kids fill a small plastic bag with a small amount of the egg filling and let them add their favorite extra fillings (such as bacon, diced ham, cheddar cheese, etc.). Cut off the tip of the bag and let the kids pipe their mixture into the whites.



SPICY EGG RING

A Spicy Egg Ring in appetizer-sized portions will feed the family at any time of day.

INGREDIENTS

- 6 slices bacon, cut in half crosswise
- 1/3 cup milk
- 1 tbsp. milk, for dough wash
- 6 eggs, slightly beaten
- 1½ tube refrigerated crescent roll dough, 12 rolls total
- 1½ cups Mexican cheese blend, divided
- 1 cup breakfast sausage
- 1½ cups shredded potatoes, seasoned with salt and cayenne to taste
- 4 oz cilantro, fresh and chopped
- 15 oz cheesy dip, if desired
- Salt, pepper, cayenne, garlic and minced green onion, as desired



Serves: 12

1 hour
30-40 mins. Preparation
20-25 mins. Cook/bake

Bake



Stove Top

DIRECTIONS

- 1 Preheat oven to 375° F. Line large baking sheet with parchment paper.
- 2 Brown sausage in a skillet until no longer pink. Remove browned sausage to a plate and wipe out skillet.
- 3 Cook bacon in skillet over medium heat, about 4 minutes, until cooked but not crisp, turning once (bacon will cook more in the oven). Set bacon aside, save 2 teaspoons of drippings from skillet and drain remaining.
- 4 In a medium bowl, beat 1/3 cup milk, eggs, salt and pepper with fork, add other seasonings as desired.
- 5 Pour egg mixture into skillet. As mixture heats, eggs will begin to set. Gently push cooked portions to outside edge of skillet. Avoid stirring constantly. As more egg sets, push to edge and place on top of already set mixture. Cook 5-6 minutes or until eggs are thickened throughout, but still moist.
- 6 Unroll crescent roll dough, separate into 12 triangles on parchment lined baking sheet with shortest sides toward center, overlapping in star shape. Be sure to leave a 5-inch circle open in the center, crescent dough points may hang over edge of baking sheet. Press overlapping edges at center to flatten.
- 7 Place bacon on each crescent roll dough triangle. Sprinkle ½ cup cheese into widest part of dough. Add hash browns evenly among the triangles making a mounded circle. Evenly distribute browned sausage over hash browns. Spoon eggs over the sausage. Sprinkle with ¾ cup of cheese.
- 8 Pull point of dough triangles over eggs and cheese, tuck under dough at center to form a ring (filling will be visible). Carefully brush dough with remaining 1 tablespoon milk and sprinkle with remaining ¼ cup cheese.
- 9 Bake 20-25 minutes or until deep golden brown. Cool 2 minutes.
- 10 With broad spatula, carefully loosen ring from baking sheet and slide into serving platter. Garnish with cilantro and serve with dip.

TIP: If you have ground beef in your refrigerator, use that to substitute for the sausage. You also can use salsa instead of cheesy dip. If desired, garnish finished dish with chopped tomato, minced green, and sour cream.



ORANGE CRANBERRY CHICKEN POPOVERS

The perfect blend of sweet and savory, light, crispy Orange Cranberry Chicken Popovers are stuffed with a creamy chicken filling and are a favorite finger food in the Midwest.

INGREDIENTS

- 2 cups leftover chicken or turkey, shredded
- 4 large eggs, at room temperature
- 2 cups milk, at room temperature
- 1 orange, finely zested, about 2 tsp.
- 2 cups all-purpose flour
- 1 cup shredded cheddar cheese
- 1 tsp. salt
- 1/3 cup leftover cranberry sauce



Serves: 24

50 minutes
15-20 mins. Preparation
25-30 mins. Cook/bake

Bake

DIRECTIONS

- 1 Preheat oven to 400°.
- 2 Whisk together eggs, milk and orange zest in a large bowl until very frothy.
- 3 Whisk flour and salt into egg mixture until batter is the consistency of heavy cream (it's okay if some lumps remain).
- 4 Spray two 24 mini muffin tins with cooking spray. Divide chicken (or turkey) and cheddar cheese between cups. Pour batter into each cup.
- 5 Bake 30 minutes without opening oven until puffed and lightly browned. Cool slightly before serving.
- 6 Serve cranberry sauce on the side.



TIP: Use your favorite jelly or jam instead of cranberry sauce.



BASIC BREAKFASTS



BERRY DELICIOUS BRUNCH CASSEROLE

Prepare a Berry Delicious Brunch Casserole the night before, then refrigerate and pop in the oven for a sweet and simple brunch.

INGREDIENTS

CASSEROLE:

- 1/2 loaf fresh old-fashioned white or wheat bread, or 3 large croissants
- 4 oz cream cheese, cut into ½-inch cubes
- 1/2 cup cranberries
- 1/2 cup raspberries
- 1 tbsp. orange zest
- 6 eggs
- 1 cup skim milk
- 1/4 cup pure maple syrup

CRANBERRY SYRUP:

- 1 ½ cup sugar
- 3 tbsp. cornstarch
- 1½ cups water
- 3/4 cup cranberries
- 1/2 tbsp. fresh lemon juice
- 1 tbsp. butter



Serves: 8-10



5 hours 10 minutes
30-40 mins. Preparation
30 mins. Cook/bake
4 hr. cool/chill



Bake



Stove Top



DIRECTIONS

1 CASSEROLE

- Remove crusts and cube bread (or simply tear croissants). Place half of the bread cubes on bottom of sprayed ½ quart or 9"x9" casserole dish.
- Scatter cream cheese, cranberries, raspberries and orange zest over bread. Place remaining bread over berries.
- In a separate bowl, combine eggs, milk and maple syrup, pour evenly over entire pan. Cover and refrigerate at least 4 hours, or overnight.
- Cover with foil and bake at 350° for 30 minutes, uncover and bake 10-20 minutes, or until puffed, browned, firm and thoroughly cooked (test with knife).
- When baked, remove from oven and dust with powdered sugar. Serve with cranberry syrup or your choice of syrup.

CRANBERRY SYRUP

- Blend sugar and cornstarch in saucepan, stir in water. Cook over medium-high heat 7-8 minutes, stirring occasionally, until mixture boils, thickens and turns clear.
- Stir in cranberries and simmer until berries burst, stirring occasionally.
- Remove from heat, stir in lemon juice and butter. Serve immediately.

TIP: Make this dish your own by adding your family's favorite fruit or raisins in place of cranberries.



ANY "THYME" GRITS

A Southern favorite, Any "Thyme" Grits are mixed with sharp cheddar cheese, bacon and thyme.

INGREDIENTS

- 2 cups water
- 1/2 cup quick-cooking grits, uncooked
- 3 cups shredded sharp cheddar cheese
- 4 eggs, lightly beaten
- 1 cup reduced-fat milk
- 1/4 tsp. dried thyme
- 1/8 tsp. garlic powder
- 1 lb. bacon, cooked and crumbled, divided
- Salt and pepper, to taste



Serves: 8



1 hour 15 minutes
10-15 mins. Preparation
55 mins. Cook/bake



Boil



Stove Top

DIRECTIONS

- Bring 2 cups water to a boil in a saucepan; stir in grits. Return to boil. Reduce heat to low and cook for 6 minutes, stirring often, until grits are a thick consistency. Add cheese, stirring until melted.
- Combine eggs, milk, thyme, garlic powder and half of crumbled bacon; stir well.
- Gradually stir about ¼ of hot grits into egg mixture; add to remaining hot mixture, stirring constantly.
- Pour into lightly greased 11x7 inch baking dish. Top with remaining half of bacon. Cover and refrigerate overnight.
- To serve, preheat oven to 350° F. Bake 50-55 minutes or until a knife inserted in the center comes out clean.

TIP: To make this a main dish, add diced ham, chicken or shrimp. Or, add your favorite cooked sausage, such as Chorizo for a spicy kick.



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CRAB CAKE BENEDICT

Top homemade crab cakes with a perfectly-poached egg to make crispy Crab Cake Benedict, which will become a new brunch favorite.

INGREDIENTS

CRAB CAKES:

- 2 eggs, lightly beaten
- $\frac{1}{4}$ cup mayonnaise
- $\frac{1}{2}$ cup soft bread crumbs
- 2 green onions, finely chopped
- 1 tablespoon finely diced green pepper
- 2 teaspoons lemon juice
- 1 teaspoon Worcestershire
- 1 teaspoon ground mustard
- 2 ounces green chiles
- 1 tablespoon minced fresh parsley

BENEDICT:

- 1 tablespoon butter
- 1 tablespoon olive oil
- 16 poached eggs
- Hollandaise sauce (recipe below or purchase ready-made)



Serves: 8



30 minutes
15-20 mins. Preparation
10 mins. Cook/bake



Stove Top

DIRECTIONS

- ① In a bowl, mix all crab cake ingredients except crab together. Add crab; mix gently. Shape into desired size, approximately 16 – 3" diameter patties.
- ② In a nonstick skillet, sauté patties over medium heat in butter and olive oil until golden brown, 3 to 4 minutes per side.
- ③ To serve, place 2 patties on a plate, top each patty with a poached egg, Hollandaise sauce and garnish with chopped chives or green chilis.



TIP: If you don't have crab in the refrigerator, substitute the same amount for tuna or chicken instead. The cakes also can be frozen to use at another time.



HUEVOS LOMA VISTA

Refried beans are mixed with protein-packed eggs and topped with fresh avocado and salsa to make zesty Huevos Loma Vista.

INGREDIENTS

- 2 avocados

- 2 tbsp. lemon juice

- 1 16-oz can refried beans

- 1/2 cup salsa, divided

- 4 large eggs

- 2 tbsp. chopped fresh cilantro leaves, optional

- 2 cups shredded lettuce, optional



Serves: 4



45 minutes
10-15 mins. Preparation
10 mins. Cook/bake
20 min. Cool/chill



Stove Top

DIRECTIONS

- ① Halve, pit and peel avocados, do not mash (leave halves intact). Sprinkle with lemon juice. Set aside.
- ② Heat refried beans and 3 tablespoons salsa over medium heat until warmed through. Poach eggs.
- ③ In center of each serving plate, place $\frac{1}{4}$ of refried beans. Place the avocado, cut side up, on the beans. Transfer one poached egg to center of each avocado. Serve with remaining salsa.
- ④ **Optional:** Garnish with shredded lettuce and fresh cilantro.



TURKEY SAUSAGE EGG BAKE

- CHANGE DESCRIPTION TO:** A Sausage Egg Bake is an easy and tasty addition to breakfast and is ready in about an hour.

INGREDIENTS

- 8 eggs
- 1 (16 oz) package turkey breakfast sausage roll
- 3 cups milk
- 8 cups cubed French bread
- 1 cup chopped red bell pepper
- 1 ½ cups shredded low-fat Swiss cheese
- ¼ cup chopped fresh parsley
- Salt and pepper, if desired



Serves: 9



1 hour 10 minutes
15-20 mins. Preparation
40-50 mins. Cook/bake



Bake

PREPARATION

- 1 Preheat oven to 350° F.
- 2 Grease 9x13-inch baking pan.

DIRECTIONS

- 1 Cook the sausage as specified on the package. Always cook to well-done, 165°F as measured by a meat thermometer. Crumble sausage into pieces.
- 2 In large bowl, whisk eggs, milk, and parsley. Add salt and pepper if desired.
- 3 Stir in sausage, bread cubes, red pepper, and 1 cup of cheese
- 4 Pour mixture into baking dish and sprinkle with remaining cheese.
- 5 Bake 40-50 minutes or until a knife inserted into the center comes out clean.
- 6 Let sit 10 minutes before cutting or serving.

TIP: Prepare the recipe the night before and put in the refrigerator for a care-free breakfast the next day. Add red and green diced peppers for some extra nutrition and color. You can also replace the cheese with whatever you have on-hand.



TURKEY SWEET POTATO HASH WITH BAKED EGGS

- Turkey Sweet Potato Hash makes clean-up a breeze in this one-skillet dish.**

INGREDIENTS

- 2 tbsp. olive oil, divided
- 1/3 cup onion, ¼-inch dice
- 1 clove garlic, minced
- 1 lb roast turkey, ½-inch dice
- 1 large baked sweet potatoes, ½-inch dice
- 1 large baked potatoes, ½-inch dice
- 2 tbsp. ketchup
- 2 tbsp. Dijon mustard
- 1 tsp. fresh thyme leaves (or ½ teaspoon dried)
- 2 tbsp. chopped fresh parsley
- 2 tbsp. water
- Salt and pepper to taste
- 4 eggs



Serves: 4



40 minutes
15-20 mins. Preparation
20-22 mins. Cook/bake



Bake



Stove Top

DIRECTIONS

- 1 Heat 1 tablespoon oil over medium-high heat in a 12-inch non-stick, ovenproof skillet. Add onion; cook 2-3 minutes, stirring often. Add garlic, and cook an additional 2-3 minutes, again stirring often. Add turkey and potatoes and remaining olive oil, continue to cook until golden brown and heated through.
- 2 Mix ketchup, mustard, thyme, parsley and water in a small bowl. Stir ketchup mixture into turkey/potatoes. Season with salt and pepper, to taste. Reduce heat to medium, continue to stir for an additional 4-5 minutes.
- 3 Make 4 "wells" into hash mixture. Break an egg into a small bowl and transfer egg to the "well." Repeat until 4 wells are filled with an egg.
- 4 Transfer skillet to 350-degree, preheated oven. Bake 20-22 minutes, or until egg whites are firmly set and yolks are to your desired degree of doneness.

TIP: If you don't have both potatoes in your pantry, double one or the other. Or, use frozen hash browns instead.



HEART-HEALTHY HASH

Everyone will love Heart-Healthy Hash, made with lean turkey sausage, eight eggs and a mixture of quinoa, brown rice and cauliflower.

INGREDIENTS

- 16 oz (1 package) low-fat, ground turkey sausage
- 1/4 cup coconut oil
- 1 tsp. salt
- 28 oz (1 bag) frozen potatoes – O'Brien
- 8 eggs, scrambled
- 1 cup cooked quinoa
- 1 cup cooked, long grain brown rice
- 1 cup finely chopped, uncooked cauliflower
- 1 cup shredded cheddar cheese



Serves: 8

25 minutes
10 mins. Preparation
10-15 mins. Cook/bake

Stove Top

DIRECTIONS

- ① Heat a large skillet over medium-high heat. Add sausage, cook and crumble sausage until no longer pink.
- ② Add oil, salt and potatoes. Cook and stir until potatoes are partially browned.
- ③ Prepare scrambled eggs in separate pan, fold into sausage and potato mixture.
- ④ Stir in quinoa, rice and cauliflower, continue to cook until heated through.
- ⑤ Remove from heat, stir in cheese, serve immediately.



HONEY-ORANGE DUCK FRITTATA

Featuring tender duck, green onions and cheese mixed with eggs, a Honey-Orange Duck Frittata is a decadent and flavorful addition to breakfast or brunch.

INGREDIENTS

- 2 - 7.5 oz. duck breasts, thawed
- 2 tbsp. honey
- Zest of 1 orange
- 8 large eggs
- 1/2 cup half and half or whole milk
- 1/2 cup sliced green onions
- 1/4 tsp. fresh ground black pepper
- 1/4 tsp. salt
- 1 cup smoked cheddar or gouda cheese, shredded, divided



Serves: 6

1 hour
10-15 mins. Preparation
45 mins. Cook/bake

Stove Top



Bake



Broil

DIRECTIONS

- ① Preheat oven to 375° F.
- ② Score the skin of the duck breasts, taking care not to puncture the meat. Heat a heavy, large nonstick oven-proof skillet over medium heat until hot. Place duck in skillet skin-sides down. Cook 8-9 minutes or until skin is crisp and golden brown. Turn duck; continue cooking 3 minutes.
- ③ Drizzle duck with honey and sprinkle with orange zest.
- ④ Transfer duck to a small baking sheet, reserve drippings in skillet. Bake duck 8-10 minutes or until internal temperature of duck reaches 155°. Transfer duck to carving board and let stand until cooled, 10-15 minutes, internal temperature of duck will rise to 160°. Remove skin from duck, discard the skin or save it to make cracklings for another dish. Cut the duck meat into 1/2-inch pieces; set aside.
- ⑤ Meanwhile, preheat broiler. Beat eggs in a large bowl. Beat in half and half, green onions, salt and pepper. Stir in duck and 1/2 cup of cheese.
- ⑥ Measure drippings in skillet. If there are less than 2 tablespoons of drippings, add duck fat or butter to equal 2 tablespoons. Place skillet over medium-high heat until drippings are hot. Add egg mixture; cook without stirring until eggs start to firm and sides and bottom begin to brown, lifting sides occasionally to let uncooked egg run underneath, 4-5 minutes.
- ⑦ Sprinkle remaining 1/2 cup cheese over egg mixture; transfer to broiler. Broil 5-6 inches from heat source for 2-3 minutes or until eggs are set and cheese is melted and golden brown.
- ⑧ Cut into wedges. Serve warm or at room temperature.



TIP: Substitute boneless chicken thighs for the duck.



EASY ENTRÉES



EASY SHAKSHUKA

Submitted by The Gingered Whisk

A traditional Middle Eastern dish, Shakshuka features poached eggs in a hearty, spicy tomato sauce. This easy recipe is a great weeknight meal that is ready in less than one hour! Best served with crusty bread for dipping.

INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 1 red bell pepper, chopped
- ½ red onion, chopped
- 1 garlic clove, minced
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- ½ teaspoon dried oregano
- 28 oz. diced fire roasted tomatoes
- 4-6 eggs
- 2 tablespoons fresh parsley, chopped
- ¼ cup crumbled feta cheese
- 1 loaf crusty bread, for serving (optional)



Serves: 4



40 minutes
5 mins. Preparation
35 mins. Cook/bake



Stove Top



Bake

DIRECTIONS

- ① Preheat oven to 350°F.
- ② Heat a large oven safe skillet on the stovetop on medium-high. Sauté the chopped pepper and onion until starting to become soft, about 7 minutes. Add garlic, cumin, paprika, oregano and sauté for 30 seconds, stirring frequently. Stir in the fire roasted diced tomatoes. Simmer for 20 minutes.
- ③ Make 6 wells into tomato mixture for the eggs. Crack each egg into a small bowl and carefully and slowly pour into the individual wells.
- ④ Cook on the stove for 1 minute, then transfer to the oven and cook for 6-8 minutes (closer to 6 minutes for runnier egg yolks, and closer to 8 minutes for more firm egg yolks). Remove from the oven.
- ⑤ Top with chopped parsley and crumbled feta and season with salt and pepper to taste.
- ⑥ Serve with crusty bread.

THE
Gingered
WHISK

IOWA
EGG COUNCIL

TIP: Use regular canned diced tomatoes for the fire roasted tomatoes and add an 1/8 teaspoon crushed red pepper flakes to add some spice.



GRILLED BARBECUE BACON MEATLOAF SANDWICH

Submitted by Melanie Makes

Grilled Barbecue Bacon Meatloaf Sandwiches will satisfy even the biggest appetites! Top savory, homemade meatloaf with crispy bacon and a runny fried egg for a sandwich that bursts with flavor.

INGREDIENTS

Meatloaf

- 2 pounds ground beef
- 1 cup panko breadcrumbs
- 1 egg
- 1 cup barbecue sauce
- 4 cloves garlic, minced
- 1 teaspoon salt
- 1 cup onion, diced
- 6-8 bacon slices

Sandwich

- 2 red onions, sliced
- 12 slices Texas toast
- 6 slices sharp cheddar cheese
- 6 eggs
- 5 ounces arugula
- 1 cup barbecue sauce



Serves: 6



2 hours
30 mins. Preparation
1 hour, 30 mins. Cook/bake



Stove Top

DIRECTIONS

Meatloaf

- ① In a large bowl, combine beef, breadcrumbs, egg, barbecue sauce, garlic, salt and onion.
- ② Form into a loaf and place on three layers of aluminum foil, folding up edges to create tray for grilling.
- ③ Drizzle loaf with remaining barbecue sauce.
- ④ Layer bacon slices over meatloaf diagonally, tucking ends under loaf.
- ⑤ Grill over indirect heat for one hour or until internal temperature reaches 180°F.
- ⑥ Remove from heat and tent with aluminum foil and allow to rest for 20 minutes before slicing.

Sandwiches

- ① Meanwhile, fry eggs according to personal preference.
- ② To assemble sandwiches, place a handful of arugula on top of one piece of Texas toast.
- ③ Top with a slice of cheese, a thick slice of meatloaf, additional barbecue sauce, if desired, onions and an egg.
- ④ Place an additional piece of Texas toast on top.



MELANIE
MAKES

MAKING EVERYDAY EATS MORE INTERESTING

TIP: If the weather isn't great for grilling, bake the meatloaf in the oven at 350 degrees until an internal temperature registers between 160-170 degrees.



GARLIC RICE WITH FRIED EGG

Submitted by House of Nash Eats

Sauce things up for dinner by making Garlic Rice with Fried Egg in 4 easy steps. You'd better double the batch because the family will be asking for seconds!

INGREDIENTS

- 2 cups cooked sticky rice
- 3 ½ cups water
- ½ teaspoon salt
- 9-12 cloves garlic, chopped
- ¼ cup canola oil
- 4 eggs
- 2 tablespoons salted butter
- ¼ cup chopped fresh cilantro
- ¼ cup chopped green onions
- ¼ cup soy glaze



Serves: 4



20 minutes
10 mins. Preparation
10 mins. Cook/bake



Stove Top



HOUSE OF NASH EATS

MODERN COMFORT COOKING



DIRECTIONS

- ① Prepare sticky rice by soaking the rice and water in a medium saucepan for at least 30 minutes and up to 4 hours. Stir in the salt, then place on the stovetop over high heat. Bring to a boil, reduce the heat to medium-low and partially cover the pot with a lid set at a slight angle to vent some of the steam. Simmer without stirring for 10-15 minutes until all the liquid has been absorbed. Remove from heat and cover securely with the lid to steam the rice for another 10 minutes.
- ② Add the oil and garlic to a small skillet, then place over medium heat. Cook, stirring frequently, just until the garlic begins to turn a light golden brown, about 3 minutes. Remove from heat immediately and transfer the garlic using a slotted spoon to a plate lined with paper towel to absorb excess oil.
- ③ Fry the eggs sunny-side up by melting butter in a non-stick skillet over medium heat. Crack the eggs into the pan, then immediately reduce the heat to medium-low. Cover with a tight-fitting lid and cook for 2 ½ to 3 minutes, just until the whites are set but the yolk is still runny and has not clouded over. Season with salt and pepper.
- ④ Pile 1 cup of sticky rice on each plate, then sprinkle with the crispy fried garlic, chopped cilantro, and green onions. Drizzle with soy glaze, then top each mound of rice with a sunny-side up egg. Serve immediately. The yolks will combine with the soy glaze to create a sort of sauce for the rice when you break up the egg with a spoon.

SAVORY DINNER CASSEROLE

Submitted by Cook with 5 Kids

Looking for a delicious, filling and easy-to-make dinner recipe the whole family will love? Look no further than this Savory Dinner Casserole. You can have this meal ready to bake in minutes.

INGREDIENTS

- 4 eggs
- 1 cup of flour
- ½ cup corn flour
- 1 teaspoon salt
- 2 teaspoons sugar
- 2 teaspoons baking powder
- ½ cup oil
- 5 tablespoons Greek yogurt
- 8 ounces mushrooms, cleaned and diced
- 1 small onion, diced
- 1 cup shredded mozzarella cheese
- ½ teaspoon thyme



Serves: 8-10



50 minutes
5 mins. Preparation
45 mins. Cook/bake



Bake



Virginia Egg Council

DIRECTIONS

- ① Preheat oven to 350°F.
- ② Whisk together 4 eggs in a medium bowl.
- ③ Add the oil, yogurt, and thyme to the eggs.
- ④ In a separate bowl, combine your dry ingredients: flour, corn flour, salt, sugar, and baking powder.
- ⑤ Pour your wet ingredients into your dry ingredients.
- ⑥ Stir in your diced mushrooms and onions. Do not overmix!
- ⑦ Bake for 45 minutes or until eggs are set and top is brown.

TIP: If you don't have Greek yogurt, substitute with sour cream. If your mix feels too dry, add a few tablespoons of milk at a time.



EGGS BENEDICT BURGER

Submitted by Greens & Chocolate

Drippy egg, smoky bacon, grilled hamburger and hollandaise sauce, all sandwiched between a soft English muffin — this burger is a mouthful!

INGREDIENTS

Hollandaise

- 4 egg yolks
- 1 tablespoon lemon juice
- 8 tablespoons butter, melted
- Salt and pepper, to taste

Burgers

- 1 ½ pounds ground beef
- ½ teaspoon seasoning salt

Other

- 4 large eggs
- 4 English muffins, toasted
- 8 slices Canadian bacon
- Chopped chives or green onions, for topping



Serves: 4



55 minutes
30 mins. Preparation
25 mins. Cook/bake



Stove Top

DIRECTIONS

Hollandaise

- 1 Place the egg yolks and lemon juice in a blender and blend on high for 3 minutes.
- 2 Add the hot melted butter to the mixture and blend another 1-2 minutes, until creamy. Season with salt and pepper.

Burgers

- 1 Form the ground beef into 4 equal patties. Sprinkle with the seasoning salt.
- 2 Preheat the grill to medium-high heat.
- 3 Add the burger patties to the grill and grill for 4-5 minutes on each side, until cooked to preferred doneness.
- 4 Add the Canadian bacon to the grill for the last 2 minutes of grilling time to heat the Canadian bacon.

Poached eggs

- 1 Bring a large pot of water plus 1 tablespoon of vinegar, filled with 2-3" of water, to a rolling simmer.
- 2 Crack one egg into a small bowl and then slide the egg into the simmering water.
- 3 Poach the egg for 3-4 minutes, until the egg white is set. Remove from the pot with a slotted spoon.

Serve

- 1 Place two slices of Canadian bacon on the bottom of each toasted English muffin. Top with the burger patties, then the poached egg, and then drizzle with hollandaise. Sprinkle with chives or green onions and top with the remaining half of the English muffin.
- 2 Serve and enjoy!



ARUGULA SALAD WITH POACHED EGG

A perfectly poached egg on a bed of fresh arugula, tossed with a light dressing of your choice.

INGREDIENTS

Arugula

- 1 cup arugula
- 2 radishes, sliced thin
- 2 large eggs
- Black pepper
- Chives



Serves: 2



10 minutes
5 mins. Preparation
5 mins. Cook/bake



Stove Top

DIRECTIONS

- 1 Fill saucepan with 2-3 inches of water and bring to a moderate simmer.
- 2 Crack each egg into its own individual cup and add the egg all at once to the simmering water. Add the other egg. Simmer for 3-5 minutes, depending on the desired doneness.
- 3 Prepare a bed of arugula on each plate and add the shaved radish. Toss with a light lemon vinaigrette or any other favorite dressing.
- 4 Immediately top with the poached egg and chives.



TIP: Add tomatoes, shredded vegetables or rotisserie chicken for an added punch of flavor and protein. No arugula on-hand? Just use your favorite lettuce or spinach.



GREEN CHILE BAKED EGGS

Spice up your weeknight dinner with this delicious dish.

INGREDIENTS

- 10 large eggs, beaten
- ½ cup all-purpose flour
- 1 teaspoon baking powder
- 1 pinch salt
- 17-ounce can green chili peppers, diced
- 16 ounces cottage cheese
- 1 cup cheddar cheese, shredded
- ¼ cup butter, melted



Serves: 10

60 minutes
5-10 mins. Preparation
55-60 mins. Cook/bake

Bake

DIRECTIONS

- ① Preheat conventional oven to 400°F.
- ② Lightly grease a 9x13 pan.
- ③ In a large bowl, mix the eggs, flour, baking powder, and salt.
- ④ Stir in the green chili peppers, cottage cheese, cheddar cheese, and melted butter.
- ⑤ Pour mixture into the prepared baking pan.
- ⑥ Bake 15 minutes in the preheated oven.
- ⑦ Reduce heat to 325°F and continue baking for 35-40 minutes or until firm.
- ⑧ Cool slightly and cut into squares.

TIP: For added protein, include cooked chicken, turkey or your favorite sausage. Make ahead and freeze to enjoy later.



INGREDIENTS

- ½ large jalapeno, diced
- 1 small onion, finely diced
- 1 teaspoon olive oil, depending on the pan
- ½ teaspoon ground cumin
- ¼ teaspoon chili pepper
- 114.5-ounce can fire-roasted diced tomatoes with juice (do not drain)
- 115-ounce can black beans, rinsed and drained well
- 14-ounce can diced green chiles
- 6 large eggs
- 2 ounces Colby Jack cheese, shredded
- Whole wheat/corn tortillas for serving
- Chopped cilantro or chives for garnish, if desired
- Sour cream or Greek yogurt for garnish, if desired



Serves: 6

40 minutes
10 mins. Preparation
25-30 mins. Cook/bake

Stove Top



Bake

DIRECTIONS

- ① Preheat conventional oven to 450°F.
- ② Heat olive oil in a pan with deep sides and sauté onions and jalapenos for 2 minutes. Add ground cumin and chili pepper and sauté 2-3 minutes more. Add diced tomatoes with juice, black beans, and diced green chilies to the pan and let cook at very low simmer for 15-20 minutes, or until the mixture is slightly thickened.
- ③ Using the back of a spoon, make an indentation in the mixture, and crack an egg into the little pocket. Repeat around the pan with all eggs. Spoon the rest of the mixture around eggs, avoiding the yolk.
- ④ Place ovenproof skillet in the oven for about 5 minutes, or until the eggs are starting to look set, but are still fairly wet looking. Remove and change oven to broil.
- ⑤ Sprinkle cheese over the top and place under broiler for 1-3 minutes, or until the cheese has melted.
- ⑥ Cook until egg yolk has reached desired doneness.
- ⑦ Serve hot, with whole wheat flour/corn tortillas to dip into egg. Also good served with salsa and sour cream or Greek yogurt on top.



TIP: Regular canned diced tomatoes could be substituted for the fire-roasted tomatoes. If you don't have canned black beans, use your favorite canned beans instead.



EGG LASAGNA

Add scrambled eggs to delicious lasagna for a protein-packed twist.

INGREDIENTS

- 9 whole wheat lasagna noodles
- ½-pound ground sausage
- ½ teaspoon garlic powder
- ½ teaspoon garlic salt
- Salt and ground pepper, to taste
- 4-6 large eggs, scrambled
- ⅔ cup mushrooms, chopped
- 16 ounces cottage cheese
- 2 large eggs
- ½ cup Parmesan cheese, shredded
- 1 can diced tomatoes
- 1 cup cheddar cheese, shredded
- 1 cup mozzarella cheese



Serves: 12

55 minutes
20 mins. Preparation
35 mins. Cook/bake

Stove Top



Bake

DIRECTIONS

- ① Preheat oven to 350°F.
- ② Fill a large pan with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, add the lasagna noodles a few at a time, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 10 minutes. Remove the noodles to a plate.
- ③ Scramble 4-6 eggs and mushrooms together and when done set aside in a bowl.
- ④ Place the ground sausage into a skillet over medium heat, add the garlic powder, garlic salt, and salt and ground pepper into the skillet. Cook the meat, chopping it into small chunks as it cooks, until no longer pink, about 10 minutes. Drain excess grease.
- ⑤ In a bowl, mix the cottage cheese, 2 eggs, and Parmesan cheese until thoroughly combined.
- ⑥ Place 3 noodles side by side into the bottom of a 9x13 inch pan; top with a layer of the diced tomatoes, a layer of sausage, a layer of eggs and mushrooms, and a layer of the cottage cheese mixture. Repeat layers twice more, ending with a layer of tomatoes. Sprinkle top with shredded cheddar and mozzarella cheese. Cover the dish with aluminum foil.
- ⑦ Bake in the preheated oven until it is bubbling and the cheese has melted, about 30 minutes. Remove foil and bake until cheese has begun to brown.
- ⑧ Allow to stand at least 10 minutes before serving.

TIP: Regular lasagna noodles can be substituted for whole wheat noodles. This dish also freezes well to be enjoyed later.



NORTH AFRICAN BAKED EGGS WITH CHICKPEAS & FETA

Add a North African twist to your next dinner with this creative egg dish that can be on the dinner table in less than an hour.

INGREDIENTS

- 1 28-ounce can whole fire roasted tomatoes
- 1 medium white onion, roughly chopped
- ½ teaspoon red pepper flakes
- ½ teaspoon dried thyme
- ½ teaspoon cumin
- ¼ teaspoon cinnamon
- 1 teaspoon Kosher salt
- 1 15-ounce can chickpeas
- Crisp pita chips
- 2 tablespoons olive oil
- 4 6-inch pitas, cut into strips
- Salt as desired
- 12 large eggs
- 1 cup crumbled feta cheese
- ½ cup fresh parsley, minced



Serves: 6

55 minutes
5-10 mins. Preparation
35 mins. Cook/bake

Stove Top



Bake

DIRECTIONS

- ① Preheat oven to 450°F.
- ② Add the tomatoes, onion, spices and salt to a blender jar and blend until smooth. Pour sauce into a 12-inch skillet and add in chickpeas. Bring to a simmer and let cook for 10-15 minutes until sauce has slightly reduced.
- ③ Meanwhile, brush a baking sheet with olive oil. Place the pita strips in a single layer, brush with the rest of the olive oil and sprinkle with salt. Bake for 6-7 minutes, remove and brush the other side of the pita strips with olive oil and salt until crispy and golden brown. If the strips are still not crispy, broil them for a couple minutes, but watch them closely. Remove from the oven and preheat the broiler.
- ④ Once the sauce has thickened, remove from the heat. Crack the eggs individually into the pan, distributing them as evenly as possible. Return to heat, cover pan, and simmer for about 10-12 minutes, until the whites are nearly, but not completely opaque. Sprinkle the surface with the feta cheese and place under the broiler for 2 minutes, just until the cheese is blistered and bubbly.
- ⑤ Top with the broken pieces of pita and fresh parsley. Let it set for 10-15 minutes and serve.



LINGUINE CARBONARA

Pasta, bacon, eggs and veggies blend together nicely in this popular Italian dish. Serve with bread and this complete dinner is on the table in less than 30 minutes.

INGREDIENTS

- 1 pound uncooked linguine
- 8 bacon slices, cut into 1-inch pieces
- 2 garlic cloves, minced
- $\frac{1}{2}$ cup milk
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{4}$ teaspoon salt
- 3 large eggs, plus 2 egg yolks
- 1 cup grated Parmesan cheese, plus additional available for topping
- 2 tablespoons fresh chopped parsley
- 1 cup frozen peas (thawed)



Serves: 4-6

30-35 minutes
5 mins. Preparation
25-30 mins. Cook/bake

Boil



Stove Top

DIRECTIONS

- ① Cook linguine in large pan of boiling water. Reserve $\frac{1}{4}$ cup pasta water; drain pasta.
- ② Cook bacon in large skillet until crisp. Remove bacon from pan; reserving drippings in pan. Sauté garlic for one minute.
- ③ Whisk milk, pepper, salt, eggs and cheese in a bowl. Drizzle in reserved $\frac{1}{4}$ cup pasta water, stirring constantly with whisk. Add pasta to egg mixture; toss until pasta is well coated. Add egg/pasta mixture to bacon drippings. Place pan over low heat; cook 2 minutes until liquid begins to thicken, stirring constantly. Fold in bacon and parsley. Serve immediately with additional Parmesan.



TIP: Use roasted or rotisserie chicken to add extra protein.



SALAD DRESSING INGREDIENTS

- 1-½ cups light salad dressing
- $\frac{1}{4}$ cup lemon juice
- 2 tablespoons sugar
- $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon seasoned salt
- $\frac{1}{4}$ teaspoon black pepper



Serves: 4-6

20-25 minutes
5-10 mins. Preparation
15 mins. Cook
Chill to personal preference

Boil



Preparation

PASTA SALAD INGREDIENTS

- 16 ounces bow-tie pasta
- $\frac{1}{2}$ cup frozen peas, cooked
- 2 cups cooked turkey, cubed
- $\frac{1}{4}$ cup chopped celery
- $\frac{1}{4}$ cup chopped green pepper
- 1 bunch green onions, finely chopped
- 6 large hard-cooked eggs, peeled and thinly sliced

SALAD DRESSING DIRECTIONS

- ① In a small mixing bowl, beat all ingredients together until sugar is dissolved and mixture is smooth.
- ② Cover and refrigerate.

PASTA SALAD DIRECTIONS

- ① Cook pasta according to directions on the box. Rinse with cold water and place in a large mixing bowl.
- ② Cook peas according to directions on the package. Rinse with cold water and add to drained pasta.
- ③ Stir in turkey, celery, green peppers, green onions and eggs.
- ④ Pour salad dressing over pasta and stir until moistened. Cover and chill in refrigerator for up to two hours prior to serving.



TIP: No turkey in the refrigerator? Use chicken or ham. Also, add shredded carrots and diced celery for some extra crunch.



TOMATO AND ONION QUICHE

Looking for a lighter comfort food option for the family? This tomato and onion quiche is easy and flavorful.

INGREDIENTS

- ½ of a 15-ounce package (1 crust) rolled, refrigerated pie crust
- 12 ounces assorted tomatoes, cut into ¼-inch-thick slices
- 1 tablespoon butter
- ½ cup chopped onion
- 4 large eggs
- ¾ cup half-and-half
- 3 tablespoons all-purpose flour
- 1 tablespoon snipped fresh basil (or 1 teaspoon dried basil)
- ¼ teaspoon dry mustard
- ⅛ teaspoon ground black pepper
- ½ teaspoon salt
- 1 cup shredded Swiss, cheddar, Monterey Jack, and/or Havarti cheese (4 ounces)
- Paprika



Serves: 6

1 hour and 10 minutes
10 mins. Preparation
1 hour Cook/bake

Stove Top



Bake



DIRECTIONS

- ① Preheat oven to 425°F.
- ② Let pie crust stand at room temperature according to package directions. Unroll pie crust into a 9-inch pie plate. Crimp edge as desired. Line un-pricked pastry with a double thickness of foil. Bake in a 425°F oven for 8 minutes. Remove foil. Bake for 4 to 5 minutes more or until pastry is set and dry. Remove from oven. Reduce oven temperature to 375°F.
- ③ Place tomato slices on paper towels to absorb excess moisture. In a small skillet, melt butter over medium heat. Add onion. Cook until onion is tender, stirring occasionally.
- ④ In a medium bowl, whisk together eggs, half-and-half, flour, basil, salt, dry mustard and black pepper.
- ⑤ To assemble quiche: Sprinkle cheese onto bottom of the hot, baked pastry shell. Spoon onion mixture over cheese. Arrange a single layer of tomato slices over cheese, overlapping slightly. Slowly pour egg mixture over tomatoes. Sprinkle some paprika over the mixture.
- ⑥ Bake, uncovered, for 35 to 40 minutes or until egg mixture is set in center. If necessary, cover edge of pie with foil for the last 5 to 10 minutes of baking to prevent overbrowning. Let stand 10 minutes before serving.

TIP: If you don't have fresh tomatoes on-hand, just leave them out and add cooked chicken or turkey. Everything is always better with bacon, too! Use cheese you already have in the refrigerator, even a combination of cheeses you want to use up.



ITALIAN EGG BAKE

This simple recipe can be prepped in advance and modified to feed families of all sizes.

INGREDIENTS

- 1-pound ground Italian sausage
- 2 medium sweet potatoes (approx. 2 – 2 ½ cups), peeled
- 1 green pepper, diced
- 1 red pepper, diced
- 6 large eggs
- ½ cup milk
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ cup Asiago cheese
- ½ cup Parmesan cheese
- Salt and pepper for seasoning to taste



Serves: 6

1 hour and 10 minutes
10 mins. Preparation
1 hour Cook/bake

Stove Top



Bake



DIRECTIONS

- ① Preheat oven to 350°F.
- ② In a medium size pan, on medium-high heat; cook sausage, stirring frequently and breaking the meat apart with a spoon, 4 to 5 minutes, or until lightly browned. Carefully, drain excess grease, leaving 1 tablespoon to cook sweet potatoes. Transfer cooked sausage to a bowl; cover with foil to keep warm. Wipe out the pan.
- ③ Cube sweet potatoes into bite-sized pieces, approximately ¼-inch. In the same medium size pan with saved 1 tablespoon grease, sauté sweet potatoes until soft, about 15 minutes.
- ④ Add the sweet potatoes and diced peppers to the bowl with the cooked sausage; stir to combine. Pour combined sausage, sweet potatoes and peppers into a 9x13 baking dish and top with Asiago and Parmesan cheese.
- ⑤ In a medium-size bowl, whisk together eggs, milk, garlic powder, onion powder, salt, and pepper. Pour egg mixture evenly over sausage mixture.
- ⑥ Bake for 45 minutes, or until the eggs are cooked throughout.

TIP: Don't have sweet potatoes in your pantry? No problem! Substitute regular potatoes or just leave them out. Add cooked chicken or sausage to make it a heartier dish. This is also a great recipe to make ahead and freeze to enjoy later.



ONE-SKILLET MEDITERRANEAN POACHED EGGS

This single skillet dish is fast, easy and egg-cellent for a busy weeknight.

INGREDIENTS

- 2 cups marinara sauce
- 115.5-ounce can cannellini beans, drained and rinsed
- 9-ounces cooked turkey sausage, crumbled
- 6 large eggs
- $\frac{1}{4}$ cup torn basil leaves
- $\frac{1}{4}$ cup chopped parsley
- Salt and black pepper
- Olives, optional garnish



Serves: 4-6



15 minutes
5 mins. Preparation
10 mins. Cook/bake



Stove Top

DIRECTIONS

- ① In a large skillet, combine marinara, beans, and turkey sausage. Bring to simmer, heating thoroughly.
- ② Make 6 wells in the bean/sausage mixture. Crack an egg into a small bowl and gently slide it into the well. Repeat for the remaining 5 eggs. Season the eggs with a bit of salt and pepper.
- ③ Cook covered over medium heat 3-5 minutes for slightly runny yolks. Cook longer for firm, set yolks.
- ④ Garnish with basil and parsley. Add olives, if desired.



TIP: Replace the marinara with salsa and the cannellini beans with black beans for a tasty Tex-Mex alternative. You also can use pork sausage or Chorizo instead of turkey sausage.



EGG FOO (FU) YUNG

This Asian-inspired recipe is similar to an omelet, but rather folded, it is topped with your sauce of choice and can be enjoyed for lunch and dinner.

INGREDIENTS

- 4 eggs
- 1 teaspoon sesame oil
- 2 teaspoon peanut oil (in a pinch, canola oil will do) or cooking spray
- 2 cups total of chopped or thinly sliced veggies: carrots, celery, green onions, bamboo shoots, water chestnuts, Napa cabbage, bean sprouts – drain canned veggies well
- $\frac{1}{2}$ cup lean, cooked ham, diced (or cooked, shredded chicken or pork)
- Cooking spray
- Green onions, sliced for garnish
- Serve with Sweet Chili/Peanut sauce



Serves: 4



20-25 minutes
5-10 mins. Preparation
10 mins. Cook/bake



Stove Top

DIRECTIONS

- ① In medium bowl, beat eggs and sesame oil. Set aside.
- ② In a non-stick skillet over medium-high heat, heat peanut oil enough to sizzle a drop of water. Add veggies and meat of choice and stir-fry 1-2 minutes, until veggies just soften and are hot. Add veggies and meat to the beaten eggs.
- ③ Evenly coat same pan with cooking spray. Heat to medium-high heat until hot enough to sizzle a drop of water. Spoon about $\frac{1}{2}$ cup of the egg mixture on hot pan, pushing fluid edges toward center to keep the omelet about 5 inches in diameter. Cook until almost set and lightly brown on bottom ($1\frac{1}{2}$ - 2 minutes) and flip to cook second side, about $\frac{1}{2}$ to 1 minute longer. Slip patty onto platter (keep warm in 200°F oven) while making the remaining patties.
- ④ Wipe pan; re-spray; re-heat; make an additional patty. Repeat, making four patties.
- ⑤ Garnish with green onions. Serve with Asian sauce of choice and a side of Jasmine rice.



TIP: For a sauce, combine store-bought Sweet Chili Sauce and peanut butter (2 parts/1, heated in the microwave).



A close-up photograph of a woman's hands as she cracks an egg into a clear glass mixing bowl. She is wearing a white long-sleeved shirt and a dark blue apron. Her left hand has red-painted fingernails and a gold ring, while her right hand wears a diamond ring. The background is blurred, showing a kitchen environment.

KID-FRIENDLY FARE

SOUTHWEST EGG TACOS

Submitted by A Cedar Spoon

Let's taco 'bout how easy Southwest Egg Tacos are to make on busy weeknights! Prep and make dinner for the family in less than half an hour using favorite Mexican ingredients, like black beans, salsa and avocado, and top with protein-packed scrambled eggs.

INGREDIENTS

- 8 large eggs
- 2 tablespoons milk
- 1 teaspoon chili powder
- $\frac{1}{2}$ teaspoon cumin
- $\frac{1}{4}$ teaspoon salt
- 8 teaspoons black pepper
- 1 - 15 ounce can black beans, drained
- $\frac{1}{2}$ cup salsa
- $\frac{1}{4}$ cup fresh cilantro, chopped
- 6-8 small flour tortillas

Optional Toppings

- Shredded cheddar cheese
- Shredded lettuce
- Jalapeno
- Red onion
- Sour cream
- Avocado, diced



Serves: 4-6



25 minutes
15 mins. Preparation
10 mins. Cook/bake



Stove Top



DIRECTIONS

- ① In a medium size bowl, beat the eggs with the milk, chili powder, cumin, salt and pepper.
- ② Place a medium size skillet on the stovetop and heat over medium-low or medium heat. Once heated, spray with non-stick spray or add a small pad of butter and heat until the butter is melted.
- ③ Pour the eggs into the skillet and remember to not turn the heat higher than medium-low or medium.
- ④ Use a spatula to begin pulling the cooked outer edges in toward the center of the eggs. Then move the spatula around the edge of the skillet pulling the edges towards the center. As they begin to scramble, you will keep turning the uncooked eggs with a spatula until all the eggs are cooked.
- ⑤ Begin breaking up the scramble, quickly turn uncooked areas and keep the scramble moving to make sure that all surfaces cook evenly.
- ⑥ Heat the flour tortillas either on a skillet or in the microwave, if you like them warm.
- ⑦ Layer the eggs, black beans, salsa, cilantro and cheese along with any additional toppings you want. Enjoy warm immediately!

TIP: This is a delicious dish for breakfast, lunch or dinner. Feel free to add additional ingredients like cooked sausage or bacon, breakfast potatoes or even pulled pork or carnitas and turn it into a taco buffet so everyone can create their own. Kids will love it, too!



TURKEY SLOPPY JOE WITH FRIED EGG

Add a fried egg to this homemade classic recipe for an added punch of protein that the whole family will love.

INGREDIENTS

- 1 pound lean ground turkey
- 1 small onion, chopped
- $\frac{1}{2}$ cup celery
- $\frac{1}{4}$ cup chopped green pepper
- 1 can condensed tomato soup
- $\frac{1}{2}$ cup ketchup
- 2 tablespoons prepared mustard
- 1 tablespoon light brown sugar
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 8 large eggs
- 2 teaspoon butter
- 8 hamburger buns, split
- 8 slices mozzarella cheese



Serves: 8



30 minutes
10 mins. Preparation
15-20 mins. Cook/bake



Stove Top

DIRECTIONS

- ① In large skillet, cook the turkey, onion, celery and green pepper over medium heat until meat is no longer pink; drain. Stir in soup, ketchup, mustard, brown sugar, salt and pepper.
- ② Simmer mix for 3-5 minutes until slightly thickened. (Optional: put in crockpot on low for four hours instead of simmering.)
- ③ Melt butter in pan on medium heat. Cook eggs to desired doneness.
- ④ Divide turkey mixture onto hamburger buns. Top with cheese and fried eggs.



MICHIGAN
ALLIED
POULTRY
INDUSTRIES

TIP: Make this dish into Sloppy Jose by adding 2 tablespoons taco seasoning to the turkey mixture. Serve over tortilla chips instead of bread and top with cheddar cheese.



STUFFED PEPPERS WITH EGG TOPPERS

These easy egg-topped stuffed peppers are not only family-friendly, but camera-friendly too.

INGREDIENTS

- 3 large red, green or yellow bell peppers
- $\frac{3}{4}$ pound ground beef
- 1 tablespoon butter
- 1 tablespoon olive oil
- 1 tablespoon minced garlic
- 1 medium sweet onion, chopped
- 4 ounces baby Bella mushrooms, sliced
- $\frac{1}{4}$ cup beef stock
- 2 slices, Muenster cheese, cut in half
- 6 large eggs
- $\frac{1}{4}$ cup Mozzarella, shredded
- 2 tablespoons fresh parsley, chopped (optional)
- Salt and pepper for seasoning to taste



Serves: 6

30 minutes
10 mins. Preparation
20 mins. Cook/bake

Stove Top



Bake

DIRECTIONS

- 1 Preheat oven to 400°F.
- 2 Slice the peppers in half and remove the membranes.
- 3 In a medium-size pan, brown ground beef; season with salt and pepper. Cook, stirring frequently and breaking the meat apart with a spoon, 4 to 5 minutes, or until lightly browned. Carefully drain off and discard any excess oil. Transfer to a bowl; cover with foil to keep warm. Wipe out the skillet.
- 4 In the same medium-size pan on medium heat, heat the butter and oil until hot. Add garlic, salt and pepper; sauté 1 minute. Add onions and mushrooms; cook for additional 5-10 minutes. Return the cooked hamburger to the pan. Add beef stock to the mixture and cook an additional 5 minutes until heated throughout.
- 5 Place a slice of Muenster cheese in the bottom of each pepper then fill with the meat mixture.
- 6 Place stuffed pepper in a 9x13 baking dish and bake for 10 minutes. Remove from oven and make 6 small divots in hamburger with spoon; crack egg into each divot. Place back in oven and bake for an additional 10 to 12 minutes or until egg whites are set and yolks are cooked to desired doneness. Sprinkle Mozzarella cheese on top of each egg, return to oven and bake until the cheese is melted and browned slightly, an additional 5 minutes. Sprinkle with parsley and serve.

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RICED BROCCOLI, BACON, AND WHITE CHEDDAR EGG MUFFINS

Great for tonight's dinner and tomorrow's breakfast, these egg muffins are healthy and delicious.

INGREDIENTS

- $\frac{3}{4}$ cup riced broccoli
- $\frac{3}{4}$ cup shredded white cheddar (sub in your favorite cheese if preferred)
- $\frac{1}{3}$ cup cooked bacon or bacon bits – plus additional for sprinkling
- 9 large eggs
- Splash of almond milk or water
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon salt & pepper
- Avocado (optional)
- Oil for spraying tin



Serves: 6

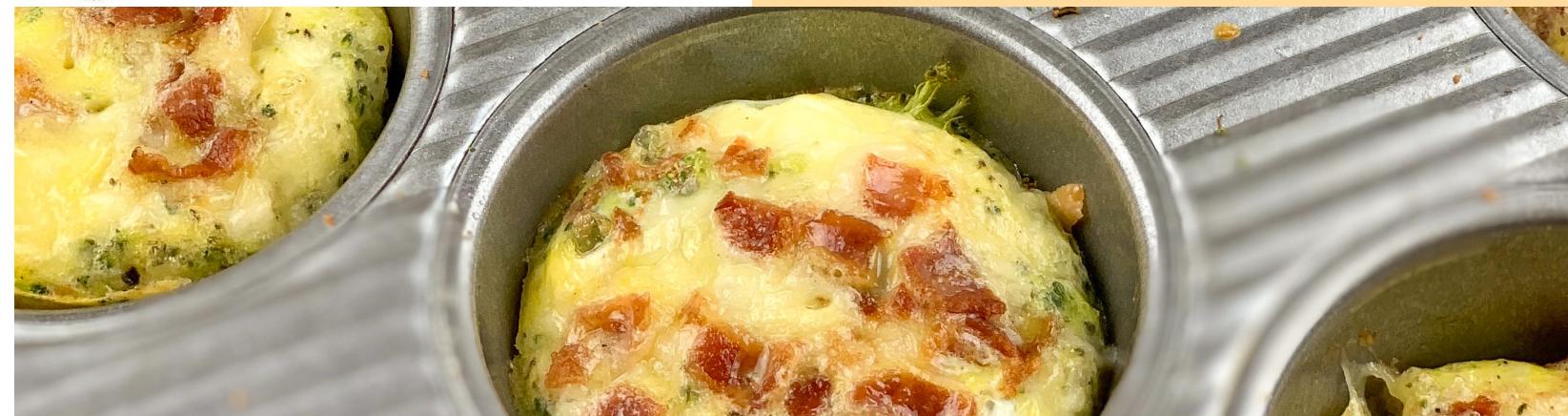
30 minutes
10 mins. Preparation
20 mins. Cook/bake

Bake

DIRECTIONS

- 1 Preheat oven to 350°F. For the riced broccoli: wash and dry broccoli (include stalks too by peeling the outside so they are more tender), cut into small pieces, and load them into a food processor. Then pulse the processor until you have small bits of broccoli.
- 2 To a bowl, add the riced broccoli, cheddar, and bacon bits. Mix gently to combine. Spray a muffin tin liberally with your favorite oil spray. Then split the mixture evenly and spoon into the muffin tin.
- 3 Crack your eggs into a bowl and add the garlic powder, salt, pepper, and a splash of almond milk or water. Whisk until light and fluffy.
- 4 Then pour the mixture evenly into the muffin tin, over the top of your other ingredients. Sprinkle additional bacon bits on top, if desired.
- 5 Bake at 350°F for 20-22 minutes until eggs are puffed and cooked through. Let cool for 5 minutes before serving. The puffed eggs will relax back down as they cool. Add avocado slices for garnish if desired.

TIP: These muffins are so delicious and fun for the whole family to make together. Use whatever fillings you have on-hand, including your favorite cheeses and meats. There are no rules! Serve with a salad or cooked vegetables to create an easy dinner. Make a double-batch and freeze to enjoy later when you are looking for a dinner idea.



B.E.L.T. PIZZA

A mouthwatering twist on the classic combination of bacon, lettuce and tomato.

INGREDIENTS

- 1 store-bought baked thin-crust pizza shell, preferably whole-wheat (such as Boboli)
- ½ cup, plus 1 tablespoon ranch salad dressing
- 1 cup shredded low-fat mozzarella cheese
- 3 ounces cooked bacon, diced
- ½ cup cherry or pear tomatoes, halved
- ½ cup grated Parmesan cheese
- 4 large eggs
- 1 cup lettuce (iceberg, romaine, spring greens, etc.)



Serves: 4

20 minutes
5 mins. Preparation
15 mins. Cook/bake

Bake



DIRECTIONS

- ① Preheat oven to 450°F.
- ② Place the pizza shell on a cookie sheet or pizza pan.
- ③ Spread ½ cup of the ranch salad dressing on the crust and evenly distribute mozzarella cheese, bacon and tomatoes. Sprinkle Parmesan evenly over the pizza. Crack eggs onto the pizza, positioning one egg on each pizza quarter.
- ④ Bake for 12-15 minutes, until egg whites are just fully cooked. Allow to slightly cool.
- ⑤ Toss the lettuce with the remaining salad dressing. Season with salt and pepper to taste. Garnish pizza with lettuce and additional cherry tomatoes. Cut into 4 large pieces.

TIP: Crack the egg into a small bowl and then gently pour/place the egg on the pizza. Make a small well in the toppings to help "hold" the egg in place. Repeat for a total of four eggs. Oven temperatures vary, check the pizza often to avoid over cooking the eggs. Bake until the eggs reach your preferred doneness.

This recipe is perfect to enjoy for breakfast or dinner. Let the kids help assemble the pizza and have them pick toppings of their choice.

INGREDIENTS

- 1 large baguette (about 14-inches long and thick enough to cut a well in the middle)
- 4 ounces of ham, diced (about ¾ cup)
- 1 cup fresh baby spinach, chopped
- 5 large eggs
- ½ cup skim milk
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon Dijon mustard
- ¾ cup sharp cheddar cheese, grated



Serves: 3-4

55 minutes
15 mins. Preparation
40 mins. Cook/bake

Bake

DIRECTIONS

- ① Preheat oven to 350°F. Line a baking sheet with foil or parchment paper.
- ② Cut a long well down the middle of the baguette. You want a good 3/4-inch or more of bread left on all sides after cutting out the well. Place baguette on baking sheet.
- ③ Sprinkle ham and spinach evenly into the well.
- ④ In a large bowl, whisk together eggs, milk, salt, pepper, and mustard until combined. Pour carefully into the well over the ham and spinach. If you have leftovers, discard. You don't want the eggs to overflow.
- ⑤ Sprinkle cheese evenly over the top of the eggs and bread.
- ⑥ Bake for 35-40 minutes or until eggs are no longer runny in the center of the "boat."
- ⑦ Slice and enjoy immediately.

TIP: The mustard flavor is prominent, so if you're not a mustard lover, decrease amount to 1/2 teaspoon.



SWEET POTATO EGG BOATS

Submitted by A Mind "Full" Mom

Looking for a yummy, low-carb dinner recipe the whole family will love? Look no further than Sweet Potato Egg Boats! Stuff a tender, baked sweet potato with eggs, spinach and tomatoes for a healthy spin on what's sure to become a family favorite.

INGREDIENTS

- 2 large sweet potatoes, baked and cooled
- 4 large eggs
- $\frac{1}{2}$ cup spinach chopped
- 1 tomato, chopped
- 1 teaspoon salt, divided
- 1 teaspoon pepper, divided
- 2 tablespoons water or milk
- 2 tablespoons feta cheese (optional)



Serves: 4

25 minutes
5 mins. Preparation
20 mins. Cook/bake

Bake

DIRECTIONS

- 1 Preheat oven to 400°F.
- 2 Cut baked sweet potatoes in half and carefully scoop out the center of each half, leaving about $\frac{1}{2}$ -inch border of sweet potato left.
- 3 Sprinkle each half with salt and pepper (use about $\frac{1}{2}$ teaspoon of each total). Divide spinach, tomato, and feta if using evenly between each sweet potato half.
- 4 Mix together eggs with remaining $\frac{1}{2}$ teaspoon each of salt and pepper and water or milk. Carefully pour into whisked eggs into sweet potato halves.
- 5 Bake for 15-20 minutes or until eggs are set.

TIP: Feel free to crack eggs directly into each half of the potato if you'd prefer not to scramble your eggs. For a heartier dinner dish, add cooked chicken or turkey.

A Mind "Full" MOM
REAL FOOD. REAL FAMILY. REAL BUDGET.



VIRGINIA IS FOR Lovers TACO FRITTATA

Virginians love their tacos and this recipe takes it up a notch to make a panful that feeds the family.

INGREDIENTS

- 8 large eggs
- 1 tablespoon butter or margarine
- 110.5-ounce can of chili (no beans)
- $\frac{1}{2}$ cup Mexican cheese blend
- 1 cup corn chips, broken
- Serve with salsa, sour cream, and cilantro



Serves: 4

20 minutes
10 mins. Preparation
10 mins. Cook/bake

Bake

DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 Blend eggs in a medium bowl.
- 3 Heat a 10" non-stick oven proof over medium heat. Melt butter or margarine, coating the skillet.
- 4 Pour in eggs and swirl around to coat the bottom and bringing up the heat just a bit to medium high. Gently bring eggs to center to help them cook. Once nearly cooked, remove from heat and distribute chili on top then sprinkle on cheese.
- 5 Bake in oven for 8-10 minutes or until eggs are fully cooked, chili heats through and the cheese is melted. Alternatively, cover the pan after adding the chili and cheese and cook on medium heat on the stove top, until eggs are done, chili heats and cheese is melted.
- 6 Remove from oven; sprinkle on the corn chips. Top with salsa, sour cream and cilantro.
- 7 Cut into four wedges and enjoy.

TIP: Add chili with beans for extra protein.



DIY DESSERTS



BUCKEYE CHEESECAKE

Top a fudgy brownie base with rich, creamy peanut butter cheesecake to make an Ohio State Fair award-winning Buckeye Cheesecake.

INGREDIENTS

- 1 (8x8-inch pan size) package brownie mix
- 3 (8-oz) packages cream cheese, softened
- 1 (14-oz) can sweetened condensed milk (*NOT* evaporated milk)
- 1 (10-oz) package peanut butter chips, melted
- 4 eggs
- 2 tsp. vanilla extract
- 1 cup semi-sweet chocolate chips
- 2 tbsp. butter-flavored shortening



Serves: 10-12



5 hours 40 minutes
35-40 mins. Preparation
2 hr. Cook/bake
3 hr. Cool/chill



Bake

DIRECTIONS

- ① Preheat oven to 350°. Prepare brownie mix according to package directions. Spoon batter in 9-inch springform pan. Bake 20 minutes. Cool. Reduce oven temperature to 325°.
- ② In large bowl, beat cream cheese until fluffy. Gradually beat in milk. Add chips, eggs and vanilla; mix well. Pour filling over baked brownie. Place pan in a large baking pan with 1-inch hot water (keeps brownie from overbaking).
- ③ Bake 50 to 55 minutes or until center is almost set. Turn oven off; remove baking pan with water. Let cheesecake cool in oven 30 minutes. Remove cheesecake from oven; chill 1 hour. Remove side from springform pan. In small saucepan, melt chips with shortening; stir until smooth. Spread chocolate glaze over top and sides of cheesecake. Chill 3 hours. Garnish as desired.

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CALIFORNIA FRUIT TRIFLE

Combine the Golden State's favorite fruits and nuts with homemade vanilla egg custard and pound cake to make a California Fruit and Egg Custard Trifle.

INGREDIENTS

- 3 cups of your favorite sweetened California fresh fruit, (strawberries, kiwi, cherries, etc)
- 16-oz pound cake
- 1/4 cup jam (*complimentary to fruit selection*)
- One batch Vanilla Egg Custard (*recipe follows*)
- 1 cup whipping cream
- 1/2 tsp. pure vanilla extract
- 1/2 cup California almonds or walnuts – sliced or chopped
- 6 hard-boiled eggs
- 1/2 tsp. salt
- 1/2 cup ricotta cheese
- 1/4 cup sour cream
- 3 grape tomatoes, sliced in quarters
- 12 black olives, sliced
- 1 tbsp. minced chives
- 1 tbsp. fresh chopped basil
- 1 tbsp. cheddar cheese



Serves: 8



25 minutes
10-15 mins. Preparation
10 mins. Cook/bake



Preparation



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DIRECTIONS

- ① Prepare custard below. May be prepared in advance and refrigerated.
- ② Add vanilla to the cream and whip until firm peaks. Refrigerate until ready to assemble trifle.
- ③ Cut the pound cake into one-inch thick slices. Spread thin layer of jam on half of the pound cake slices and top with the remaining slices. Alternate layers of the cake cubes and fresh fruit, starting with the cake. Pour the custard mixture over the cake. Garnish with nuts, whipped cream and remaining fruit. Cover with plastic wrap and refrigerate until ready to serve.

CUSTARD

INGREDIENTS:

- 4 tbsp. granulated sugar
- 1 1/2 tbsp. cornstarch
- 4 large egg yolks
- 3 cups milk
- 1 1/2 tsp. pure vanilla extract

DIRECTIONS:

1. In a saucepan, whisk together the granulated sugar, cornstarch and egg yolks.
2. Whisk in milk in a continuous stream. Stir constantly over medium heat until thickened to a custard consistency. Whisk in the vanilla after removing from heat. Allow to cool completely.

TIP: This is a fun dish that the whole family will love. Instead of a trifle dish, use individual bowls and let everyone make their own. Use your favorite fruit combination and jam. If you don't have fresh fruit available, use canned fruit cocktail that you have drained.



CINNAMON CRAISINS STRATA

Cinnamon Craisins Strata brings the family together over two favorite flavors: cinnamon and cranberry!

INGREDIENTS

- 8 slices of cinnamon swirl bread
- 2 ½ cups whipping cream
- 1 ½ cups sweetened dried craisins
- 1/2 cup sugar
- 4 eggs
- 2 tsp. vanilla



Serves: 8



3 hours
15-20 mins. Preparation
45 mins. Cook/bake
2 hr. Cool/chill



Bake

DIRECTIONS

- ① Place 6 slices of bread in single layer greased 13x9x2 inch baking dish. Tear remaining 2 bread slices into 1-inch piece on top of slices, scatter craisins evenly over bread.
- ② Beat eggs, cream, milk, sugar, and vanilla until well blended. Pour over bread mixture and refrigerate for at least 2 hours (can be overnight).
- ③ Preheat oven to 350 degrees. Bake uncovered for around 45 minutes. Test center of strata with a knife, if it comes out clean it is ready. Serve warm or cold (refrigerate until cold).
- ④ **Optional top glaze:** Mix one cup of powdered sugar and 2 tablespoons of cream or milk and drizzle on strata before serving.



TIP: Use raisins instead of craisins and a cup of chopped pecans or almonds for some crunch.



FLOURLESS CHOCOLATE CAKE

Indulge in Flourless Chocolate Cake, a ridiculously rich and fudgy treat.

DIRECTIONS

- ① Preheat oven to 350°F. Grease 8" springform pan with butter and line bottom with parchment paper.
- ② Using an electric mixer on high speed, beat eggs in a large bowl until they have doubled in size. Approximately 5 minutes.
- ③ Place chocolate chips, salt, and butter in a large microwavable bowl. Microwave in bursts, stirring in between, until smooth and pourable. Add espresso powder to the melted chocolate and butter, mix well.
- ④ Using a spatula, gently fold one-third of the whipped eggs in the chocolate mixture until incorporated. Fold egg and chocolate mixture back into remain whipped eggs until incorporated.
- ⑤ Transfer to pan, cover bottom and side of pan with foil. Set springform pan inside a large roasting pan; add 1 inch of hot water.
- ⑥ Bake about 30-40 minutes, or until a toothpick inserted into the center comes out clean and sides of cake begin to pull away from pan. Let cool before serving.
- ⑦ **Optional:** Add 1 tablespoon of raspberry liquor and serve with fresh red raspberries.



PECAN CRANBERRY TART

Pecan Cranberry Tart brings together pecan pie and sweet cranberries to create a perfect dessert.

INGREDIENTS

TART SHELLS:

- 2/3 cup softened butter
- 1 1/3 cup powdered sugar
- 1 tsp. kosher salt
- 2 whole eggs
- 2 egg yolks
- 3 cups all-purpose flour

FILLING:

- 2 cups pecan (halves), toasted
- 1 cup cranberries
- 3 egg whites
- 2 whole eggs
- 1/3 cup butter
- 1 1/2 cup packed brown sugar
- 1 cup light-colored corn syrup
- 2 tsp. vanilla extract



Serves: 36



2 hours 10 minutes
20-30 mins. Preparation
5-40 mins. Cook/bake
1 hr Cool/chill



Bake



Stove Top

DIRECTIONS

TART SHELLS

- ① Beat butter on medium-high speed until light. Add powdered sugar and salt and beat one minute.
- ② Beat in eggs and yolks one at a time, for one minute each. Gradually beat in flour.
- ③ Divide dough in half, wrap each half in plastic and refrigerate one hour.
- ④ Lightly flour dough and press along bottom and sides of two 14x5" tart pans with removable bottoms (we use two 9" pie plates). Dough edge should be even with pan edges. Chill 1 hour then bake 10 minutes until edges begin to brown, then cool.

NOTES: Shells can be prepared the day before, wrapped, and stored at room temperature.

FILLING

- ① Arrange pecans and cranberries in cooled tart shells.
- ② In a medium bowl, beat egg whites and eggs until blended.
- ③ In a small saucepan, combine butter, brown sugar and corn syrup, bring to a boil, stir in vanilla and gradually whisk egg mixture.
- ④ Pour syrup mixture over berries and pecans.
- ⑤ Mix extra yolk with 1 teaspoon water and lightly brush on exposed crust.
- ⑥ Place tarts on large baking sheet, bake 35-40 minutes, or until filling is set.
- ⑦ Serve cold or warm.



PUMPKIN PUDDING

Fall in love with made-from-scratch Pumpkin Pudding. It has spicy notes of cinnamon, ginger and nutmeg in every spoonful and is topped with fluffy whipped cream and nuts.

INGREDIENTS

- 1/3 cup chopped nuts
- 1/2 cup sugar
- 1 tsp. ground cinnamon
- 1/4 tsp. ground ginger
- 1/4 tsp. ground nutmeg
- 1/4 tsp. ground allspice
- 4 eggs
- 1 can (5 oz) evaporated milk
- 1 can (15 oz) pumpkin
- Whipped cream garnish, optional
- Additional chopped nuts for garnish, optional



Serves: 24



55 minutes
10-15 mins. Preparation
30-40 mins. Cook/bake



Bake

DIRECTIONS

- ① Preheat oven to 375° F. Six custard cups or an 8x8" square baking dish work equally well. Spray bakeware with non-stick cooking spray and spoon chopped nuts into bottom of baking dish or evenly divide between the custard cups.
- ② In small bowl, combine sugar and the four spices.
- ③ Add sugar and spice mixture to blender with all remaining ingredients (sugar, cinnamon, ginger, nutmeg, allspice, eggs, evaporated milk, pumpkin).
- ④ Cover and blend at low speed for 1 minute, scraping down sides as necessary.
- ⑤ Divide mixture into custard cups or casserole dish over the nuts.
- ⑥ Bake 35-40 minutes for custard cups or 50-55 minutes for casserole, until knife inserted in center comes out clean.
- ⑦ Serve warm or cover and refrigerate until serving.
- ⑧ Garnish with whipped cream and nuts if desired.

TIP: This pudding would also work well as a side dish, served with turkey, chicken or pork. Just leave off the whipped cream!

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BUTTER PECAN CREAM CHEESE POUND CAKE

A delightful spin on the classic recipe, Butter Pecan Cream Cheese Pound Cake is as smooth as velvet and as sweet as can be.

INGREDIENTS

POUND CAKE:

- 1½ cups butter, softened
- 8 oz cream cheese, softened
- 2 cups sugar
- 6 eggs
- 1/2 tsp. vanilla extract
- 1 tsp. caramel flavoring
- 3 cups flour
- 1 pinch salt

GLAZE:

- 1 cup powdered sugar
- 1/2 tsp. vanilla
- 1/2 tsp. caramel flavoring
- 1 tsp. milk
- 1/4 cup pecans chopped (optional)



Serves: 16-24 slices



3 hours 50 minutes
15-20 mins. Preparation
1 hr 30 mins. Cook/bake
2 hr Cool/chill



Bake



DIRECTIONS

POUND CAKE

- 1 Preheat oven to 300° F.
- 2 Beat butter and cream cheese at medium speed for 2 minutes, or until creamy.
- 3 Gradually add sugar, beat 5-7 minutes. Add eggs one at a time, beating just until yellow disappears. Add vanilla and caramel flavoring. Mix well.
- 4 In a separate bowl, combine flour and salt. Gradually add to butter mixture, beating at low speed until just blended. Pour batter in greased and floured bundt pan. Pour 2 cups of water in an ovenproof measuring cup or casserole dish. Place in oven with bundt pan (this will keep the cake moist). Bake at 300° F for 1 hour and 30 minutes or until toothpick inserted in the center comes out clean.
- 5 Cool in pan on wire rack for 10-15 minutes, then remove from pan and cool completely on wire rack.
- 6 Prepare glaze and drizzle over cake when cooled.

GLAZE

- 1 Combine sugar and flavorings.
- 2 Slowly add milk until desired consistency is reached (should be thin like glaze). Drizzle over cooled cake.
- 3 If desired, sprinkle chopped pecans over top of glazed cake.



PUMPKIN BREAD

Spiced with nutmeg, cinnamon and cloves and topped with nuts or a glaze, easy Pumpkin Bread is a delicious dessert any time of year.

INGREDIENTS

BREAD:

- 1 15-oz can pumpkin puree
- 4 eggs
- 3 ½ cups flour
- 2 tsp. baking soda
- 1 cup vegetable oil
- 2/3 cup water
- 3 cups white sugar
- 1 1/2 tsp. salt
- 1 tsp. ground cinnamon
- 1 tsp. ground nutmeg
- 1/2 tsp. ground cloves
- 1/4 tsp. ground ginger

STREUSEL:

- 5 tbsp. dark brown sugar
- 1 tbsp. all-purpose flour
- 2 tbsp. unsalted butter, softened
- 1 tsp. ground cinnamon
- 1/2 cup chopped pecans
- Pinch of salt



Serves: 24



55 minutes
10-15 mins. Preparation
30-40 mins. Cook/bake



Bake

DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 Grease and flour four 5.5x2.5 inch loaf pans.
- 3 In a large bowl, mix together pumpkin puree, eggs, oil, water and sugar until well blended.
- 4 In a separate bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger. Stir the dry ingredients into the pumpkin mixture until just blended. Pour into prepared pans.
- 5 In another bowl, prepare streusel topping by working butter into brown sugar, flour, cinnamon and salt. Toss in pecans. Sprinkle over bread batter.
- 6 Bake for about 50 minutes. Loaves are done when toothpick inserted in the center comes out clean.



SIMPLE STAPLES



SCRAMBLED EGGS

An easy go-to when time is limited, scrambled eggs can be made in just 5 minutes.

INGREDIENTS

- 4 large eggs
- 1/4 cup milk
- 1 pinch salt
- 1 pinch pepper
- 2 teaspoons butter
- 2 tablespoons cream cheese (optional)



Serves: 2



5 minutes
1 min. Preparation
4 mins. Cook/bake



Stove Top

DIRECTIONS

- ① Beat eggs, milk, salt and pepper in medium bowl until blended.
- ② Heat butter in large, nonstick skillet over medium heat until hot. Pour in egg mixture. As eggs begin to set, gently pull the eggs across the pan with a spatula, forming large, soft curds.
- ③ Continue cooking - pulling, lifting and folding eggs - until thickened and no visible liquid egg remains. Do not stir constantly. Remove from heat and serve immediately.
- ④ **Optional:** For extra creamy scrambled eggs, add 2 tablespoons of cream cheese about 1 minute before eggs are finished cooking.

Add scrambled eggs to: Stir fry, hash brown potatoes, waffles, pizzas

TIP: Spice up this easy favorite by adding Pepper Jack and salsa, or lighten it up by substituting cooking spray and water for the butter and milk.



HARD-BOILED EGGS

Add a boost of protein to favorite recipes - like salads, smoothies or sandwiches - by adding hard-boiled eggs to the mix!

INGREDIENTS

- 12 large eggs



Serves: 12



17 minutes
5 mins. Preparation
12 mins. Cook/bake



Stove Top

DIRECTIONS

- ① Heat 1/2 to 1-inch of water in a large saucepan to boiling over high heat. Carefully place steamer insert into pan over boiling water or proceed to step 2 if not using a steamer insert.
- ② Carefully add eggs using a large spoon or tongs. Cover. Continue cooking 12 minutes for large eggs (13 minutes for extra-large eggs).
- ③ Drain eggs under cold, running water to help the shell ease off the hard-boiled eggs.
- ④ Gently tap the large end of the egg onto a hard surface until shell is slightly cracked and peel the egg.

Add hard-boiled eggs to: Salads, sandwiches, smoothies, toast, meatloaf

TIP: Hard-boiled eggs should be enjoyed within 1 week of being cooked. Once peeled, hard-boiled eggs should be eaten that same day.



OVER-EASY EGGS

If you like your eggs a little more runny than done-y, over-easy eggs are for you!

INGREDIENTS

- 4 eggs
- 2 teaspoons butter
- 1 pinch salt
- 1 pinch pepper

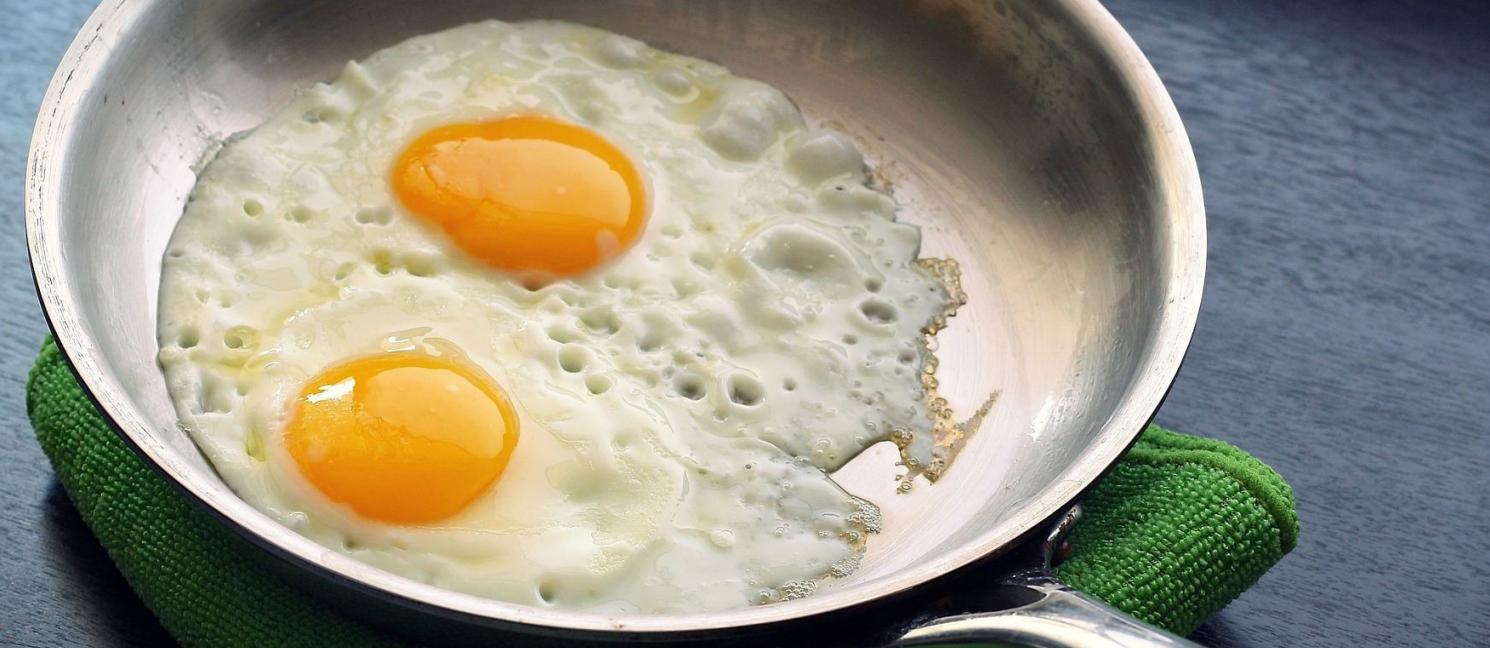


Stove Top

DIRECTIONS

- ① Heat butter in a nonstick skillet over medium-high heat until hot. Break eggs into pan, one at a time. Immediately reduce heat to low.
- ② Cook slowly until whites are completely set and yolks begin to thicken, but are not hard (5-6 minutes).
- ③ Slide spatula under each egg and carefully flip over in pan. Cook second side to desired doneness (30 seconds - 1 minute).
- ④ Sprinkle with salt and pepper.

Add over-easy eggs to: Baked potatoes or sweet potatoes, hash brown potatoes, waffles



POACHED EGGS

The perfect topper to any salad or pasta dish, a poached egg is an easy source of texture, flavor and protein.

INGREDIENTS

- 4 large eggs, cold
- 1 pinch salt
- 1 pinch pepper



Stove Top

DIRECTIONS

- ① Heat 2 to 3 inches of water in large saucepan or deep skillet to boiling. Reduce heat so water is simmering gently.
- ② Break eggs once at a time into a small cup or saucer. Holding cup close to surface, slip egg into water.
- ③ Cook eggs until whites are completely set and yolks begin to thicken, but are not hard (3-5 minutes). Do not stir.
- ④ Lift eggs from water with slotted spoon. Drain in spoon or on paper towels. Trim any rough edges, if desired.
- ⑤ Sprinkle with salt and pepper. Serve immediately.

Add poached eggs to: Salads, pasta dishes, roasted veggies, baked potatoes or sweet potatoes



OMELETS

Mix and match favorite cheeses, veggies and breakfast meats to make an easy, made-to-order omelet in minutes.

INGREDIENTS

- 2 large eggs
- 2 tablespoons water
- 1 teaspoon butter
- 1 pinch salt
- 1 pinch pepper

OPTIONAL TOPPINGS:

- 1/4 cup shredded cheese
- 1/4 cup baby spinach
- 1/4 cup meat (ham, turkey sausage, chicken, etc.)



Serves: 1



10 minutes
5 mins. Preparation
10 mins. Cook/bake



Stove Top

DIRECTIONS

- ① Beat eggs and water in small bowl until blended.
- ② Heat butter in 6 to 8-inch nonstick pan or skillet over medium-high heat until hot. Tilt pan to coat bottom. Pour in egg mixture. Mixture should set immediately at edges.
- ③ Gently push cooked portions from edges toward the center with inverted spatula so that uncooked eggs can reach the hot pan's surface. Continue cooking, tilting pan and gently moving cooked portions as needed.
- ④ When top surface is thickened and no visible liquid egg remains, season with salt and pepper. Add toppings of your choice on one side of the omelet.
- ⑤ Fold omelet in half with spatula. With a quick flip of the wrist, turn pan and slide omelet onto plate. Serve immediately.

TIP: Use up leftovers, like veggies or meats, by adding them to your omelet's filling. The possibilities are endless.



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