



EGG DISHES & BREAKFAST FOODS
RECIPES

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Asparagus and Corn Omelet

(RR, SS, CC)

Serves 4

1 TBSP extra virgin olive oil
1 bunch (6 cups) stalk asparagus
½ cup fresh corn kernels
1 TBSP fresh parsley
Salt and pepper to taste
4 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.

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 egg whites and mix together. Add half the milk and mix in well before adding other half of the milk. Add 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, 21)

Serves 1

2 scoops TLS Nutrition Shake – Vanilla
½ cup unsweetened apple sauce
2 eggs
Cinnamon and nutmeg to taste
Coconut oil

Mix all ingredients together, except coconut oil. 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.

Chicken and Vegetable Frittata

(RR, SS, CC)

Serves 4

1 tsp unsalted butter
¼ cup sliced mushrooms
¼ cup chopped red capsicum
2 TBSP parmesan cheese
2 TBSP low-fat cheddar cheese
350 gram 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 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-fibre, 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 vanilla extract and cinnamon. Dip bread into egg mixture, turning once to coat. Place bread slices in the pan and cook 2 minutes, until golden brown and crisp.

Egg Breakfast Muffins with Mushrooms and Cheese

(SS, CC)

Serves 6

¼ cup whole grain flour
½ cup crumbled feta cheese
2 TBSP chopped scallions
3 TBSP water
⅔ cup almonds, ground
1 tsp baking powder
¼ cup grated parmesan cheese
½ cup low-fat cottage cheese
1 cup mushrooms

Preheat oven to 400 degrees. Wash and dry mushrooms. Heat oil in skillet and 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 and 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.

Egg Salad

(RR, SS, CC)

Serves 1

1 tsp yellow mustard
Dash black pepper
½ cup cottage cheese
2 large hard-boiled eggs, chopped
⅓ chopped celery

Mix all ingredients together and serve.

Mushroom and Spinach Egg Bake

(FS, RR, SS, CC)

Serves 6

4 cups 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
1½ cup low-fat buttermilk
1¼ 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 to desired crispness.

Protein Pancakes

(SS, CC)

Serves 1

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.

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.

Zucchini Hash Browns

(Detox, FS, RR, SS, CC, 21)

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.
