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# Southwestern Sweet Potato & Egg Hash

Cooking Light



1 serving



30 minutes

## INGREDIENTS

3/4 cup (1/2 in.) diced peeled sweet potato

2 teaspoons water

1 1/2 teaspoons olive oil, divided

2/3 cup chopped red bell pepper

1/4 teaspoon chili powder

1/8 teaspoon kosher salt

1/8 teaspoon ground cumin

1/4 cup unsalted canned black beans, rinsed and drained

1 large egg 1 tablespoon chopped fresh cilantro

2 tablespoon of favorite hot sauce, pictured is [Green](#)

[Goddess Avocado Sauce](#) (optional)



## INSTRUCTIONS

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

### NUTRITIONAL INFORMATION

Calories 397

Fat 21g

Protein 13g

Sugars 9g

Carbohydrates 38g

# Breakfast Egg Muffins: 3 ways

Cafe Delites



12 servings



35 minutes

## INGREDIENTS

### BASE:

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

### TOMATO SPINACH MOZZARELLA:

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

### BACON CHEDDAR:

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

### GARLIC MUSHROOM PEPPER:

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



## INSTRUCTIONS

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

### NUTRITIONAL INFORMATION

Calories 82

Fat 5g

Protein 6g

Carbohydrate: 1g

# Fiery Protein Packed Diablo Eggs

Eat This, Not That!



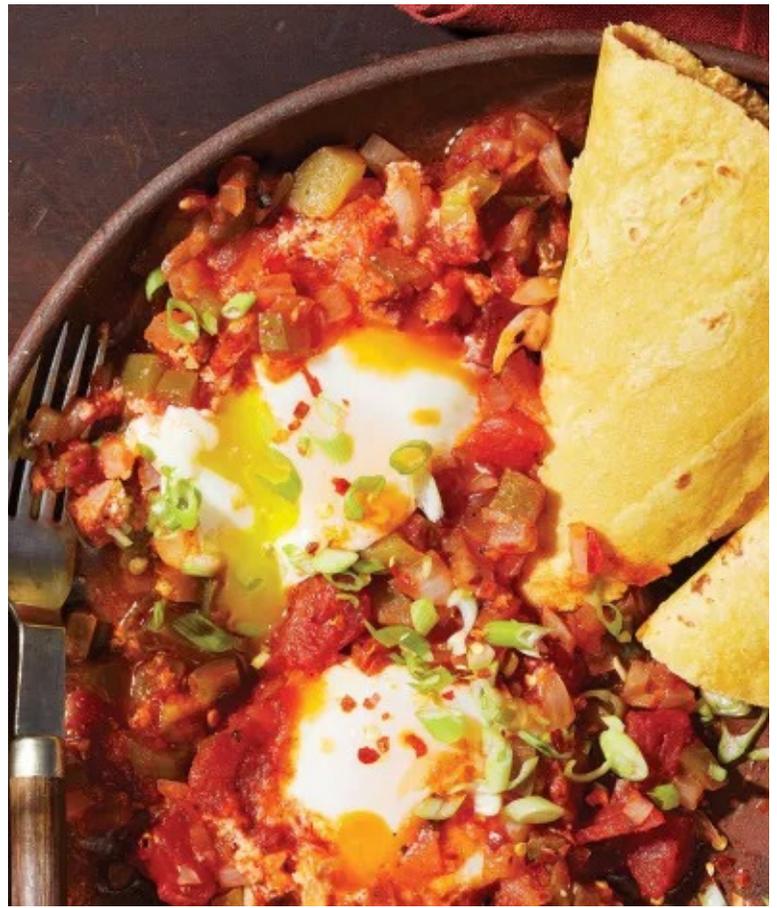
4 servings



20 minutes

## INGREDIENTS

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



## INSTRUCTIONS

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

### NUTRITIONAL INFORMATION

Calories 346

Fat 14g

Protein 17g

Sugars 8g

# Easy Frittata With Arugula & Red Peppers

Eat This, Not That!



4 servings



20 minutes

## INGREDIENTS

½ Tbsp olive oil

¼ cup bottled roasted red peppers, chopped

1 clove garlic, minced

4 cups baby arugula or baby spinach

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

8 eggs, beaten

Salt and black pepper to taste

½ cup crumbled goat cheese



## INSTRUCTIONS

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

### NUTRITIONAL INFORMATION

Calories 325

Fat 21g

# Egg, Spinach and Feta Breakfast Wrap

Eating Bird Food



1 serving



15 minutes

## INGREDIENTS

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



## INSTRUCTIONS

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

### NUTRITIONAL INFORMATION

Calories 304

Fat 11g

Protein 23g

Sugars 5g

Carbohydrates 25g