



Elliott Evans Nutrition, LLC  
Prevent and Protect  
Jan Elliott Evans, PhD, RD, CNSD  
Registered Dietitian  
drevans@ub-well.com  
www.ub-well.com  
(804) 339-3200

## 10 IDEAS FOR EGGS

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### Spaghetti with Herbs, Chilies, and Eggs

Serves 4

- Cook 12 ounces spaghetti according to the package directions
- In a small saucepan, warm 3 tablespoons olive oil with 2 chopped garlic cloves and 1 sliced red pepper
- Toss with the spaghetti and  $\frac{1}{2}$  cup fresh herbs
- In a large nonstick skillet, fry 4 large eggs in olive oil until the whites are set, 2 to 3 minutes
- Serve on the spaghetti with shaved parmesan

### Egg in a Hole with Smoked Salmon

Serves 2

- Cut a 3-inch hole in the center of 2 slices country bread
- Melt 1 tablespoon of butter in a large non-stick skillet over medium heat
- Place the bread slices in the skillet, crack a large egg into the center of each, and cook until the bread is golden and the whites are set, 1-2 minutes per side
- Top with crème fraiche, smoked salmon, capers, and sliced red onion
- Season with pepper

### Spinach, Feta, and Sun-Dried Tomato Omelet

Serves 1

- Beat 2 large eggs with salt and pepper
- Cook in butter in a medium nonstick skillet over medium heat, stirring and tilting the pan, until just set; 2-3 minutes
- Sprinkle with  $\frac{1}{2}$  cup chopped spinach, 2 tablespoons chopped oil-packed sun-dried tomatoes, and 2 tablespoons crumbled Feta; fold over the filling
- Serve with bread

### Swiss Chard and Cheddar Quiche

Serves 6

- Cook 1 bunch Swiss chard (chopped) and 1 chopped onion in olive oil in a large skillet over medium-high heat until tender, 3 to 4 minutes
- In a bowl, beat 3 large eggs with  $\frac{3}{4}$  cup half-and-half; season with salt and pepper
- Mix in the chard and  $\frac{1}{2}$  cup grated Cheddar
- Pour into a prebaked 9-inch piecrust and bake at 350 F until set; 40-45 minutes
- Serve with salad

### Poached Eggs with Grits and Tomatoes

Serves 4

- On a rimmed baking sheet, toss 1 pound of cherry tomatoes and 1 bunch scallions (cut into 2-inch lengths) with olive oil, salt, and pepper
- Roast at 400 F until soft, 18-22 minutes
- Add 1 tablespoon white vinegar into a large skillet of barely simmering water.
- In 2 batches, crack 8 large eggs into the water and cook until the whites are set, 2-3 minutes
- Serve with grits and the vegetables

### Curried Egg Salad Sandwich

Serves 4

- Place 8 large eggs in a saucepan and add enough water to cover. Bring to a boil, cover, remove from heat and let sit for 12 minutes
- Rinse, peel and coarsely chop the eggs
- In a bowl, combine  $\frac{1}{3}$  cup mayonnaise and 1 teaspoon curry powder
- Fold in the eggs and 1 tablespoon chopped chives; season with salt and pepper
- Serve on 4 slices pumpernickel bread with lettuce and chips

### Baked Eggs with Cream and Herbs

Serves 4

- Coat four 4-ounce ramekins with butter
- In each ramekin, place 2 tablespoons of heavy cream
- Crack 2 large eggs into each ramekin; season with salt and pepper
- Bake at 425 F until the whites are set, 10-12 minutes
- Sprinkle with chopped herbs and serve with toast

### Huevos Rancheros

Serves 4

- In a bowl, combine 1 15.5 ounce can of black beans (rinsed), 1 tablespoon olive oil, 1 tablespoon lime juice, and ½ teaspoon cumin
- Brush 4 corn tortillas with olive oil; bake at 400 F until crisp, 8-10 minutes
- In a large non-stick skillet, fry 4 large eggs in olive oil until the whites are set, 2-3 minutes
- Serve on the tortillas with the beans, salsa, Feta, cut-up avocado, and cilantro

### Scrambled Eggs with Chorizo and Onions

Serves 4

- Cook 2 ounces sliced cured chorizo and 1 small chopped onion in a large nonstick skillet over medium heat until the onion is soft, 5-6 minutes.
- Beat 8 large eggs with salt and pepper, add to the skillet, and cook, stirring until cooked but still soft, 2-3 minutes
- Sprinkle with chopped chives and serve with roasted potatoes

### Frisée with Bacon and Soft-Cooked Eggs

Serves 4

- Cook 8 large eggs in a saucepan of boiling water for 6 minutes, rinse and peel
- Cook 4 slices bacon in a large skillet over medium heat until crisp, 7-9 minutes; remove.
- To the drippings, add 3 tablespoons red wine vinegar and 1 tablespoon olive oil; stir to combine
- Toss with 8 cups torn frisée and radicchio
- Top with the eggs and bacon; season with pepper