Omelette

Serves: 1

Total time: 15 minutes

**What you’ll need**

* 2 – 3 eggs
* 1 – 2 tablespoons water or milk
* Oil, Butter, or cooking spray
* Fillings (such as cheese, onions, mushrooms, tomatoes, spinach, etc.)
* A non-stick frying pan
* A spatula

**Directions**

1. Add oil to a frying pan set on medium heat. While heating, dice onions.
2. When frying pan is hot, add onions and cook for 3 to 5 minutes, until tender. While onions are cooking, dice up any other vegetables you’re using (e.g., mushrooms, tomatoes, spinach, etc.).
3. When onions are tender, add the other fillings to frying pan and cook until tender (about 2 to 4 minutes). When everything is cooked, remove from heat onto plate or bowl.

1. Meanwhile, crack eggs (and water or milk if using) in a small bowl and whisk until completely combined. Season with salt and pepper.

1. In the empty frying pan, add a bit more oil (or butter) and move it around so it’s coating the bottom of the pan. Pour in eggs, moving them around so you have a thin layer of egg in a circular shape on the pan.

1. When the surface of the egg looks moist but doesn’t run when you shake the pan, and the edges are crisp, it’s ready for the filling (approx. 1 to 2 minutes after it’s started cooking). Put the cooked vegetable filling down the middle the circle of egg and top with cheese (if using).

1. Cook for another minute, then using a spatula, carefully flip the side without filling on top of the side with filling and let it cook for 1 – 2 minutes more.
2. Remove from frying pan and enjoy!

Sweet Potatoes for Breakfast

(are yummy)

Serves: 2

Total time: 12 minutes

**Ingredients**

* 1 to 1 ½ large sweet potato
* 1 tablespoon oil

**Directions**

1. Heat a frying pan over medium-high heat (on 6). Add oil to pan.
2. Meanwhile, cut up sweet potatoes into thin slices (about ¼ inch thick).
3. Add potatoes to pan. Cook for 5 to 7 minutes, until they are slightly browned on the bottom side.
4. When they are, flip them over (with a fork or your fingers) and cook them for another 5 minutes or so until they are tender & ready.
5. Eat them. They’re good ☺

Quiche / Frittata

Serves: 4 to 6

Prep time: 15 minutes. Cook time: 45 minutes. Total time: 1 hour

**Ingredients**

* Your choice of: diced tomatoes, spinach**,** onions, broccoli, and/or mushrooms
* 6 large eggs
* 1/3 cup milk (or water)
* Salt & pepper (to taste)
* Oil, butter, or cooking spray
* 1 cup shredded cheese
* Optional additions: sliced ham or turkey bacon; 1 teaspoon paprika

**Directions**

1. Preheat oven to 350 degrees F. Prepare quiche crust recipe (see below) or use store-bought.
2. Chop up the veggies that you are using into similar sizes (a little smaller than bite-sized). If desired, cook in a frying pan on medium heat until veggies are tender.
3. In a bowl, whisk eggs and milk together. Season with salt and pepper.
   * Tip: The more you whisk the egg and milk, the more air you incorporate into them, which will lead to a fluffier egg when cooked.
4. Fill the piecrust with vegetable mixture.
5. Pour egg mixture on top of vegetables and sprinkle with cheese and paprika if using.
6. Place in oven and cook for 40 to 50 minutes, or until a toothpick comes out clean and filling is set. Let cool before serving, or freeze for later to enjoy.

**Quiche Crust**

**Prep time: 5 minutes. Cook time: 5 minutes. Total time: 10 minutes**

**Ingredients**

* **1 cup flour**
* **½ teaspoon salt**
* **¼ cup olive or canola oil**
* **¼ cup cold water (from fridge)**

**Directions**

1. **Preheat oven to 350 degrees F.**
2. **In a bowl, mix flour and salt together with a fork.**
3. **In a separate bowl, beat oil and water together with fork (to thicken).**
4. **Slowly pour oil/water mixture into flour bowl (a little bit at a time), gradually mixing everything together. Use your hands to knead it until it all molds together.**
5. **Press dough into a 9-inch pie crust dish, then pop it into the oven for 5 - 10 minutes to crisp it, then set it aside for later.**

Breakfast Burritos

Serves: 6

Total time: 30 minutes

**Ingredients**

* 1 tablespoon oil
* ½ onion, sliced
* 1 clove garlic, minced (optional)
* 2 medium potatoes, diced
* 12 eggs
* 1 cup cheese, grated
* 6 tortillas
* For top: Salsa and/or plain yogurt (or sour cream)
* **Optional Additions:** 1 cup of mushrooms, sliced; handful of spinach, 1 tomato, diced, or whatever else you’d like ☺

**Directions**

1. Heat oil in a frying pan over high heat (on 7). Cook for 5 minutes, adding salt and pepper as they cook. Next, add chopped onions and garlic (if using) and cook for 5 to 10 more minutes or until potatoes are soft and cooked, stirring often to prevent burning. Season with more salt and pepper as needed.
2. While potatoes are cooking, chop any vegetables you’re using, grate the cheese, and beat the eggs in a small bowl.
3. When potatoes are cooked, add any additional vegetables you’re using (mushrooms, tomato, spinach, etc.) to frying pan and cook for 2 -3 minutes. Go to #4 if not using any.
4. Next, add eggs to pan. As they cook, gently move spatula across frying pan to cook eggs evenly. Cook until eggs are thickened and not runny, but also not dry. When they’re almost done (after 4 – 5 minutes), put grated cheese on top of eggs and let melt for 30 seconds.
5. In each tortilla, add eggs/cheese/potato mixture. Top with sour cream and / or salsa, and then roll up and enjoy.

## Eggs in Veggie Nests

## Serves 4

## Total Time: 15 minutes

### Ingredients:

2 tsp (10 mL) butter  
8 (3/4-inch/2cm) tomato slices, cored  
8 (3/4-inch/2cm) green pepper rings, seeded  
2 tsp (10 mL) dried basil, crushed  
8 eggs, beaten  
Salt and pepper, to taste  
4 multi-grain bagels, halved, toasted  
Grated Parmesan cheese, to taste

### Directions

1. In large non-stick skillet, melt butter over medium heat. Fit one tomato ring inside of each green pepper ring. Place in warm pan.
2. Stir basil into beaten eggs. Pour egg mixture into tomato/pepper rings. Season with salt and pepper.
3. Cover skillet and cook 3 minutes or until desired doneness.
4. Place cooked eggs on toasted bagel halves; sprinkle with cheese. Serve immediately.

**Alternative:** Replace green pepper and tomato rings with four 3-inch (7.5 cm) cookie cutters. Pour beaten eggs into cookie cutters and continue as described in recipe. Loosen eggs from cookie cutters using a small pointed knife and remove eggs. Place eggs on bagels and top with green pepper rings and tomato slices.

Thanks to the Egg Board of Manitoba for this creative recipe.