

**Ingredients**

- 5 large eggs
- kosher salt
- 4 ounces mild Italian sausage, or 1 large link, casing removed
- 10-12 cherry tomatoes
- 4 brown mushrooms, sliced
- 1 green onion, chopped
- 1 cup spinach leaves
- 4 slices fresh mozzarella cheese, torn into chunks
- 2 6-inch flour tortillas

**Instructions**

Whisk the eggs in a small bowl. Add a dash of cold water and a pinch of kosher salt, whisk again and set aside.

Heat a large fry pan to medium-high heat and cook the sausage, breaking it into chunks, until it's browned. Add the cherry tomatoes, mushrooms and green onion and cook, stirring only a few times so the tomatoes start to blister and the mushrooms lightly brown. Add the spinach and cook until it wilts. Transfer the mixture to a bowl.

Wipe the pan clean then spray with non-stick cooking spray and heat over medium-high heat. Add the eggs and let them cook undisturbed until they start to bubble and the edges begin to cook.

Gently stir and fold the eggs until most of the liquid has cooked. Add the sausage mix to the eggs and fold. Add torn pieces of mozzarella cheese, and fold into the eggs. If the cheese doesn't want to melt, cover with a lid for 30 seconds or so.

Heat the flour tortillas in the microwave for 15 seconds. Fill each tortilla with a scoop of the egg mixture, fold into a burrito and serve with hot sauce or salsa.

**Ingredients**

- For the biscuits
  - 4 tablespoons butter
  - 2 $\frac{3}{4}$  cup all-purpose flour
  - 4 tablespoons baking powder
  - 1 teaspoon kosher salt
  - 1 cup buttermilk
- For the sandwiches
  - 12 biscuits
  - 6 hard-boiled eggs, peeled and sliced
  - 6-8 slices warm, cooked bacon

**To prepare sandwiches**

Separate warm biscuits into top and bottom halves and place 1 slice of Cheddar cheese on the bottom, top with 4-5 slices of hard-boiled egg, a few slices of bacon and top biscuit half.

Repeat with remaining biscuits. If biscuits have cooled and cheese doesn't melt, place composed sandwiches on plate and place in turned off but still warm oven for 5 minutes or so for cheese to melt. Or, microwave on high for 30 seconds.

**To make biscuits**

www.foodiecrush.com

Preheat the oven to 450°F.

Prepare 9-inch straight-sided cake pan with butter and set aside.

In large bowl, whisk together flour, baking powder and kosher salt. Add small pieces of butter and work into flour mixture with fingers until texture resembles coarse crumbs.

Stir buttermilk into flour mixture until it just

comes together and dough is a little shaggy looking. Knead dough a few times in bowl then turn out onto lightly floured surface. Pat dough into a  $\frac{1}{2}$ -inch thick shape.

Cut biscuits out with 2-inch biscuit cutter dipped in flour. Place biscuits in the prepared pan. Fold remaining dough over itself and pat into another  $\frac{1}{2}$ -inch thick shape and continue to cut biscuits until you've used all the dough. You should have about 12 biscuits.

Bake 15 minutes or until biscuits are golden brown. Remove from oven and turn out into towel, cover and let rest while preparing sandwiches.

## Bacon Egg and Cheese Biscuit Sandwiches

**CARAMELIZED MUSHROOMS** FONTINA POLENTA

- 3 cups mixed mushrooms sliced
- 2 cups veggie broth or water
- 2 tablespoons butter
- 2 cups milk
- 2 cloves garlic minced or grated
- 1 cup polenta
- 2 teaspoons fresh thyme chopped
- 4 oz fontina shredded
- 1 teaspoon crushed red pepper
- 1/4 teaspoon salt
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon pepper
- 1/2 teaspoon pepper
- 2-4 tablespoons butter
- 1/4 teaspoon salt

**FOR SERVING**

- 1-2 cups marinara sauce warmed
- 4 eggs cooked to your liking
- 4 ounces goat cheese crumbles
- fresh parsley chopped, for garnish
- freshly cracked black pepper for garnish

## polenta with caramelized mushrooms,

### marinara + fried eggs and goat cheese

**INSTRUCTIONS**

To make the polenta, pour the veggie broth (or water) and milk into a medium-size saucepan and bring to a boil. Lower the heat to medium and slowly whisk in the polenta. Cook, stirring

frequently, until the polenta is soft and thick, about 15 to 20 minutes. Keep warm and then just before serving, stir in the fontina cheese and butter, season with salt and pepper. If the polenta seems a little thick you can add a tablespoon of butter or extra milk.

In a medium skillet over high heat, add 2 tablespoons butter. When the butter is melted, sprinkle in the mushrooms in a single layer. Don't stir them! Let them sizzle until they have caramelized on the bottom, about 2 minutes. When the bottoms are caramelized, toss them once and season with salt and pepper, to taste. Continue to cook without stirring for about 5 minutes. Add the remaining butter, the garlic, and thyme and cook for about 10 seconds. Add the balsamic vinegar, and simmer until the mushrooms are glazed with the sauce.

Cook eggs as desired.

To assemble, spoon the polenta into bowl, dollop with a spoonful of marinara (or just leave out if this is not your thing), add the mushrooms and top with an egg. Garnish with black pepper, chopped parsley, and the goat cheese. Eat!

**Ingredients**

- 20-25 spears skinny asparagus, about  $\frac{1}{4}$  pound
- extra virgin olive oil
- kosher salt and freshly ground black pepper
- 4 slices sour-dough bread or ciabatta
- 3 tablespoons butter
- 4 large eggs
- 1 tablespoon half and half or milk
- 2 ounces havarti or swiss cheese, shredded or cut into small chunks
- 2 ounces pancetta or bacon, cooked

**Instructions**

Layer the asparagus on a baking sheet and drizzle with extra virgin olive oil then season with kosher salt and freshly ground black pepper. Broil in the oven for 5-8 minutes or until asparagus is lightly roasted. Set aside.

Toast the sourdough bread slices then spread with butter.

Meanwhile, whisk the eggs and half and half in a bowl. Season with a pinch of kosher salt. Melt 1 tablespoon of butter in a non-stick fry pan over medium heat and add the eggs. Let the eggs cook until the edge begins to bubble, then gently push the edges of the egg into the center of the pan with a spatula and continue to stir the eggs. When there the eggs are almost all cooked, add the havarti cheese and stir to mix until cheese is melted. Removed from heat while the eggs are still soft.

Top the battered sourdough toasts with  $\frac{1}{4}$  each of the scrambled eggs and cheese. Top with 4-5 pieces of the roasted asparagus and sprinkle with pancetta. Serve immediately.

## Scrambled Egg and Roasted Asparagus Toasts

## Stacked Breakfast Enchiladas

www.foodiecrush.com

### Ingredients

- 2 cups red chile sauce or enchilada sauce
- ½ cup canola oil for frying tortillas
- 12-16 white corn tortillas
- 1 cup cotija cheese
- 4 green onions, chopped
- cilantro leaves for garnish
- 4 eggs

### Instructions

Pour red chile sauce or enchilada sauce into a skillet over medium heat until warm then lower heat to simmer.

In a non-stick skillet, heat canola oil. Drop one tortilla at a time into hot oil and fry until softened, turning once while frying, then drain on paper towels.

To assemble the enchiladas:

Place a fried tortilla into the skillet of warm red sauce, coating it on both sides. Place on a plate then layer with some cheese and a sprinkle of green onion. Place another tortilla on top and repeat until you have a stack of three or four tortillas. Continue to make stacks until all ingredients are used.

Heat a small non-stick fry pan over medium heat and spray with cooking spray. Fry the eggs and place one on each stack. Add another egg if you're extra hungry. Top with more cotija, more green onion, and cilantro leaves if desired.

## Breakfast Fried Rice

5 slices of bacon

1 tablespoon sesame oil

3 green onions, thinly sliced

3 cups day-old cooked rice, at room temperature

1/3 cup low-sodium soy sauce

1 tablespoon rice vinegar

1 tablespoon sesame seeds, toasted

1/4 teaspoon crushed red pepper flakes

1 tablespoon unsalted butter

2 eggs

In a heavy-bottomed skillet over medium heat, cook the bacon, turning it until it's browned evenly. Remove the bacon from the pan and let drain on paper towels. Once the bacon is cool enough to handle, roughly chop. In a large skillet over medium heat, warm the sesame oil until shimmering. Add 2 of the sliced green onions, and cook for 2 to 3 minutes. Stir in the cooked rice, breaking up any large clumps. Add the soy sauce, rice vinegar, bacon, toasted sesame seeds, and crushed red pepper flakes. Stir to fully incorporate the ingredients and cook for 5 minutes, or until warmed through. In a non-stick skillet over medium heat, add the butter. Crack the eggs into the skillet and immediately cover the pan with a lid. Cook until the egg white is cooked through and the egg yolk is barely set, approximately 5 minutes. Place a fried egg on top of each bowl of breakfast fried rice and garnish with the remaining sliced green onion. Serve immediately, being sure to break the yolk over the rice so it can act like a sauce.

food52.com

### Instructions

For the potatoes

Preheat the oven to 425 degrees F. Toss the halved potatoes, olive oil, cumin, ancho and coriander together in a large bowl and toss to coat well. Season with salt and pepper then transfer to a parchment-lined baking sheet. Roast the potatoes until browned and crusted on top and fork-tender, about 40 minutes. Remove from the oven and set aside to cool slightly.

For the tostada shells

Heat approximately ½ inch vegetable oil in a heavy-bottomed skillet over high heat. Carefully add the tortillas to the hot oil, working in batches so as not to crowd your pan. Fry each tortilla for about a minute per side or until golden brown and crisp.

Remove cooked tostada shells and drain on paper towels.

For the eggs

Spray a fry pan with cooking spray or add a pat of butter to the pan and crack your eggs into the heated skillet, working in batches if necessary. Cover with a lid and cook until the whites are set.

To assemble the tostadas

Top each shell with a layer of potatoes and sprinkle with cheese crumbles, diced tomato and top with a fried egg. Garnish with cilantro leaves and serve with guacamole if desired.

### Instructions

www.foodiecrush.com

Melt 1 tablespoon butter. For individual stratas, brush insides of four 1-cup baking dishes. If serving family style, brush inside of 2-quart baking dish.

Preheat oven to 325° F.

In a large skillet over medium heat, melt remaining 2 tablespoons butter. Add garlic and shallot; sauté for 2 minutes. Add mushrooms and marjoram and cook for another 4 minutes. Remove from heat and place

mushroom mixture in large bowl with bread chunks, artichoke hearts, kalamata olives, sun-dried tomatoes, Parmesan and Fresh Mozzarella and stir to mix. Season lightly with kosher salt. Fill baking dishes evenly with the bread mixture.

In a 4-cup liquid measuring cup, mix eggs with half and half and pour 1 cup of egg mixture evenly over bread in each dish. Garnish with basil and more Parmesan. Place baking dishes on a baking sheet and bake for 50 minutes or until eggs have set. Remove from oven and let rest 5 minutes before serving.

### Ingredients

For the potatoes

- 1½ pounds fingerling potatoes, halved vertically
- 1 tablespoon extra virgin olive oil
- 1½ teaspoons ground cumin
- ½ teaspoon ground ancho chile
- ½ teaspoon ground coriander
- salt and black pepper to taste

For the tostadas

vegetable oil for frying the tortillas

6 4-inch corn tortillas

6 large eggs

1 cup Cotija cheese, crumbled

1 cup tomatoes, diced

Cilantro leaves for garnish

Guacamole for serving

Pat of butter for frying eggs

## Breakfast Tostadas with Cumin-Roasted Fingerling Potatoes

### Ingredients

3 tablespoons butter

2 cloves garlic, minced

2 shallots, minced

1 cup button mushrooms, sliced

1 teaspoon dried marjoram leaves

6 cups white bread, cut into ½-inch chunks

½ cup artichoke hearts, cut into ¼ths

¼ cup kalamata olives, quartered

¼ cup marinated sun-dried tomatoes, slivered

½ cup shredded Parmesan cheese,

plus additional for topping

4 ounces or 1 cup Ciliegine Fresh

Mozzarella cheese balls, halved

6 eggs

1½ cups half and half

¼ cup basil leaves, slivered

Kosher salt

## Mediterranean Breakfast Strata

Preheat your oven to 425F. Trim the bottoms, and the uppermost part of the green tops off of your green garlic. Toss them with a drizzle of olive oil and a sprinkling of salt and pepper. Spread them out on a rimmed baking sheet or large roasting pan, and put them in the oven. Roast them, stirring occasionally, until they are quite soft and have dark brown splotches all over them. Then, remove from the oven and set aside. While your garlic is roasting you can make your bechamel. In a small saucepan, heat the butter until it is foaming. Whisk in the flour to form a paste, and turn the heat down to medium-low. Cook, stirring for about 2 minutes to keep the flour from tasting raw. But don't let it turn brown. We're not making a roux. Whisk in your milk bit by bit. Whisk vigorously with each addition of milk until the mixture is smooth. Be sure not to add too much milk at a time because that can definitely cause lumps. When all the milk is added and you have a loose sauce, stir in your nutmeg and a pinch of salt and pepper. Continue to cook over medium-low heat, stirring pretty much constantly, until the sauce has thickened, 6-7 minutes. Then, remove from the heat and whisk in 1/4 cup of your gruyere. Taste and adjust the salt and pepper to your liking. Toast your pieces of bread until they are golden, then put them on a baking sheet. Sprinkle the remaining grated gruyere onto the pieces of bread, and mound some roasted spring garlic on each. Spoon bechamel generously over the top of each sandwich. Heat your broiler to high and put the sandwiches under it. Broil - keep an eye on them - until the bechamel is bubbling and starting to brown in patches. Then remove from the broiler. While the sandwiches are broiling, melt a bit more butter in a small frying pan. When it is foaming, crack the eggs into the pan and sprinkle them with just a bit of salt and pepper. Fry them over gentle heat until the whites are set but the yolks are still runny. When they're ready, put an egg on top of each sandwich.

## The Green Madame

### INGREDIENTS

1-2 tbsp. olive oil, divided  
 1 small sweet potato, peeled  
 1/2 c. black beans  
 1 small garlic clove  
 1/2 chipotle pepper in adobo  
 2 tsp. honey  
 1/2 c. stock  
 1/4 sweet onion  
 1/2 bell pepper  
 6 large eggs  
 1/4 c. + 2 tbsp. milk  
 heaping 1/4 cup grated cheese, mix of cheddar and monterey jack  
 1 tbsp. cilantro, chopped  
 sea salt and cracked pepper to taste  
 Garnish  
 avocado  
 salsa

## Mexican Frittata

**Ingredients**  
 8 pieces of bacon or 4 pieces of Canadian bacon  
 2 tablespoons chopped parsley, for garnish  
 4 eggs  
 2 teaspoons white or rice vinegar  
 2 English muffins  
 Butter  
 Blender Hollandaise

10 Tbsp unsalted butter  
 3 egg yolks  
 1 Tbsp lemon juice  
 1/2 teaspoon salt  
 Dash of cayenne or Tabasco

## Eggs Benedict

**Cook the bacon.** Bring poaching water to a simmer. While the bacon is cooking, bring a large saucepan two-thirds filled with water to a boil, then add the vinegar. Bring the water to a boil again, then lower the heat to a bare simmer.  
**Make Hollandaise sauce in a blender:** To make blender hollandaise, melt 10 Tbsp unsalted butter. Put 3 egg yolks, a tablespoon of lemon juice, 1/2 teaspoon salt in a blender, blend on medium to medium-high speed for 20-30 seconds, until eggs lighten in color. Turn blender down to lowest setting, slowly drizzle in the hot melted butter, while continuing to blend. Taste for salt and acidity and add more salt or lemon juice to taste. Transfer it to a container you can use for pouring and set it on a warm—but not hot—place on or near the stovetop. Poach the eggs: Here is an easy method for poaching eggs. Essentially, working one egg at a time you crack an egg into a small bowl and slip it into the barely simmering water. Once it begins to solidify, you can slip in another egg, until you have all four cooking.  
**Turn off the heat, cover the pan, and let sit for 4 minutes.** (Remember which egg went in first, you'll want to take it out first.) When it comes time to remove the eggs, gently lift out with a slotted spoon.  
**Toast English muffins:** As soon as all the eggs are in the poaching water, begin toasting your English muffins. If you can't get all the muffins toasted by the time the eggs are ready, gently remove the eggs from the poaching water and set in a bowl.

**Assemble your Eggs Benedict:** To assemble, butter one side of an English muffin. Top with two slices of bacon or 1 slice of Canadian bacon. You can trim the bacon to fit the muffin if you'd like.

Put a poached egg on top of the bacon, then pour some hollandaise over. Sprinkle some parsley over it all and serve at once.

## Chickpea, Spinach, and Chorizo Frittata

1 small onion  
 2 cloves of garlic  
 Olive oil  
 1 roasted red pepper  
 200g cooked chickpeas  
 150g chorizo  
 1 teaspoon smoked paprika  
 2 big handfuls spinach  
 5 eggs, beaten

food52.com

**Salt** Finely chop the onion and garlic and saute in a frying pan in a good glug of olive oil until soft and fragrant. Dice the red pepper and chorizo into chickpea-sized chunks and add to the pan with the chickpeas and paprika. Saute everything together until the orangy paprika oils run from the chorizo. Add the spinach and keep stirring until it wilts and every thing starts to meld together in the pan. Add the eggs and stir gently to incorporate the eggs into the whole mixture, then allow to set over a medium heat. Preheat the grill then slide the whole pan under the grill to set the top of the frittata, it will only take a minute or two to become light gold and puffy. Remove from the grill, gently loosen from the edge of the frying pan with a knife then place a large plate over the pan and invert the frittata onto it. Then place another plate on top and invert once again so the glossy grilled top of the frittata is on view. Sprinkle with a little sea salt. Allow to cool slightly before slicing into canape sized cubes or wedges. Serve hot or room temperature as a tapas or with a salad.

**INSTRUCTIONS** [www.thefauxmartha.com](http://www.thefauxmartha.com)

Preheat oven to 350 degrees.  
 Into a 10" cast iron skillet, add about a tablespoon of olive oil. Heat skillet on medium heat.  
 Meanwhile, dice sweet potato into 1/2" cubes. For sweet potato cutting tips, head over here. Mince garlic and finely chop chipotle pepper.  
 Add sweet potatoes, black beans, garlic, chipotle pepper, and honey (honey measuring tip) to skillet. Stir together and salt to taste. Add stock. Cover and cook until potatoes are soft and liquid is almost absorbed, about 8 minutes.  
 Meanwhile, thinly slice onions and peppers. Set aside. Into a bowl, whisk together eggs, milk, cheese, and cilantro. Add salt and pepper to taste, though you can't really taste. (I salt similarly to the way I salt my scrambled eggs.) Set aside.  
 Once potatoes have cooked through, remove from skillet into a bowl. Add about 1 tablespoon of olive oil into the skillet and saute peppers and onions for about 5 minutes, stirring occasionally. Salt to taste.  
 With the heat turned to low, add potato mixture back into the skillet and stir to combine. Add egg mixture and cook for about 3 minutes, stirring only once at the beginning to evenly disperse ingredients.  
 Transfer skillet to oven and cook until middle is set solid, about 20 minutes. Serve warm. Garnish with avocados and salsa.

## Soft Scrambled Eggs

4 large free-range or organic eggs  
1 tablespoon mascarpone, creme fraiche, cream, what have you  
Dash of salt and freshly ground pepper, plus more for serving

**Knob of salted butter** In a medium bowl, whisk together the eggs, mascarpone, salt and pepper. Be thorough, but don't worry if there are little bits of mascarpone flecking the egg. Heat a large, non-stick skillet over a medium-low flame. Add the butter and wait until it melts before adding the egg. If the egg starts to cook right away, turn the heat as low as it will go. Using a wooden spatula or spoon, stir the eggs constantly, scraping the bottom of the pan all over in a long, continuous motion. Do this for about 10 minutes, adjusting the heat as necessary (raise it a little if the egg touching the pan isn't cooking at all; lower it if it starts to cook quickly or look at all dry). Pull the eggs off the heat when they're still a little custardy-looking, but not runny – they'll cook a bit more as you pile them onto your plate. Divide the eggs among two warm plates and serve immediately, with toast if you like, and more ground black pepper.

## Petite Pea Omelet with Mint and Mascarpone

2 large egg yolks, preferably organic and free-range  
1 whole egg, preferably organic and free-range  
1 tablespoon mascarpone cheese  
2 teaspoons organic butter  
1/3 cup defrosted organic frozen "petite" peas (or freshly shelled spring peas)  
1 tablespoon chopped fresh mint, plus more for a garnish if desired  
Course sea salt and freshly ground black pepper

Combine the eggs and the mascarpone cheese with a fork. The mascarpone will not blend completely – this is fine. Heat a skillet, preferably one that is cast-iron, over medium-high heat. Add butter. As it melts, use a spoon or metal spatula to move it around and make sure the entire surface of the pan is coated with the butter. Add the egg/mascarpone mixture. Tilt the pan (in several directions, if needed) so that the eggs coat the entire surface. Cook over medium-high heat until the egg in the center of the pan starts to solidify and the edges look slightly brown/done. Add the chopped mint and the peas to one half of the omelet. Sprinkle with coarse sea salt and freshly ground pepper, and allow to cook for about 20-30 seconds. Loosen the opposite side of the omelet from the pan with a spatula, and fold the plain half over the filled half. Continue cooking for another 10-20 seconds, and then fold it again, if desired. Remove to a serving plate and garnish with additional chopped herbs and more salt and pepper, if you like

food52.com

## INGREDIENTS: SWEET CORN CAKE EGGS BENELECT W/

corn cakes  
1/2 cup whole wheat pastry flour  
1/3 cup finely ground cornmeal  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
3/4 cups cooked sweet corn kernels  
1/2 red bell pepper, diced  
1 shallot, diced  
2 garlic cloves, minced  
1 large egg  
1/2 cup milk  
1 tablespoons olive oil  
avocado hollandaise  
1 ripe avocado  
1 lemon, juiced  
1/3 cup hot water  
1/4 cup olive oil  
1/4 teaspoon salt  
1/4 teaspoon pepper  
6 slices bacon, fried  
6 eggs, poached  
a pinch of red pepper flakes  
fresh herbs for garnish

corn cakes **AVOCADO HOLLANDAISE**  
In a large bowl, whisk together the flour, cornmeal, baking soda, salt, and pepper. Add the corn, peppers, shallots, and garlic to the dry ingredients and mix until combined. In a small bowl or measuring cup, whisk together the eggs and milk. Add the wet ingredients to the dry and mix with a spoon until just combined. Heat a large skillet over medium heat and add oil. Use a 1/3 cup measure and scoop corn cake batter into the oil, leaving about an inch in between each corn cake. Cook until the cakes begin to set and bubble on the top, about 3 to 4 minutes. Gently flip and cook for another 1 to 2 minutes. Remove the corn cakes with a spatula and place on a plate or baking sheet. Repeat with the remaining batter.

avocado hollandaise  
Add the avocado, lemon juice, and hot water into a food processor or high powered blender and blend until smooth, scraping down the sides if needed. With the processor running, stream in the olive oil slowly. Continue to blend until pureed and smooth. Poach the eggs and assemble the corn cakes. Break a piece of bacon and set it on top of the corn cakes and cover with a poached egg. Pour the avocado hollandaise over top and sprinkle with some crushed red pepper. Top it off with some fresh herbs if desired.

## QUINOA BREAKFAST SKILLET

### INGREDIENTS:

4 slices thick cut bacon, chopped  
1 small sweet potato, chopped  
1/2 red onion, chopped  
1/2 red pepper, chopped  
1/2 green pepper, chopped  
1 cup sliced mushrooms, chopped  
2 garlic cloves, minced  
1/2 cup uncooked quinoa, rinsed  
1 cup low-sodium vegetable or chicken stock (or water)  
4 eggs, cooked your desired way  
salt and pepper to taste

### DIRECTIONS:

Heat a large skillet over medium heat and add bacon. Cook until fat is rendered and bacon is crispy, then remove bacon with a slotted spoon and place on a paper towel to drain. Reduce heat to medium-low and add sweet potato, onions, peppers, mushrooms and garlic to the skillet, tossing to coat. Cover and cook for 5-6 minutes, stirring once or twice, until soft.

Add uncooked quinoa to vegetables and stir for 1-2 minutes, allowing it to lightly toast. Pour in stock or water and bring the mixture to a boil. Immediately reduce to a simmer, cover and cook for 15-ish minutes until quinoa is cooked through. While quinoa is cooking, prepare eggs as you'd desire. Once cooked, taste and season to your liking. Serve quinoa in bowls topped with eggs and cooked bacon.

## Avocado y Huevos Caliente

- 1 teaspoon cumin seed
- 2 teaspoons olive oil
- 1/2 large onion, chopped
- 1 jalapeño, sliced (save 2-4 slices for garnish)
- 1 1/2 cups diced tomatoes (canned or fresh)
- 1 clove garlic, sliced very thin
- kosher salt
- 1 large avocado
- 2 eggs
- 2 tablespoons chopped cilantro
- Warm corn tortillas (optional)
- Lime wedges

Pre-heat oven to 425°. Heat medium oven-safe skillet over medium heat. Toast cumin in pan until fragrant. Add olive oil to pan. Sauté onion and jalapeño in hot olive oil until vegetables begin to soften. Add tomatoes, garlic, and 1/2 teaspoon salt; simmer about 5 minutes to let flavors combine and liquid reduce slightly. If tomatoes aren't very juicy you may need to add a tablespoon or 2 of water. While the vegetables simmer cut avocado in half, remove pit and peel. If needed, scoop out a little more avocado to make room for one egg in each half. Take the simmering salsa off the heat; add salt to taste. Make 2 small wells in the salsa and nestle in the avocado cut side up. Crack one egg into each avocado half. Sprinkle eggs with a small pinch of salt. Bake in the oven until the egg is done to your liking. 15 minutes yields cooked whites and a yolk that is slightly runny in the middle. Garnish with cilantro, jalapeño and lime wedges. Serve with warm corn tortillas if desired.

## Kimchi Omelet Recipe

- Ingredients:**
- 2 eggs
  - 1 teaspoon sweet rice wine (mirin) - I prefer Mitsukan brand
  - 1 teaspoon cooking oil
  - 1/4 zucchini, sliced very thinly in half-moons
  - 1/2 stalk green onion, green part only, cut into 1 1/2" lengths
  - 2 tablespoons chopped kimchi, plus more for serving
  - salt and pepper to taste

- Directions:**
1. In a bowl, beat the eggs together with the mirin.
  2. Heat a nonstick skillet over medium-high heat with the cooking oil. Add the zucchini, green onion and the chopped kimchi and sauté for 2 minutes.
  3. Pour in the egg mixture, season with salt and pepper. Turn the heat to medium and cover skillet. Cook for 2 minutes, or until the egg is nearly set. Fold omelet in half and cook until done. Serve with additional kimchi on the side.

### Huevos Rancheros:

- \* about 3 Tbs. extra virgin olive oil, divided
- \* 2 corn tortillas
- \* 1/2 cup black beans (from a can, drained and rinsed)
- \* 1 clove garlic
- \* 1 tsp chili powder
- \* 1 tsp ground cumin
- \* 2 Tbs. salsa (I used hot!)
- \* 2 eggs
- \* 1 Tbs. sour cream
- \* fresh cilantro, for garnish
- \* coarse salt and freshly ground pepper

## HUEVOS RANCHEROS

Add a tsp of oil (or a little more) to the skillet and crack your first egg in. If you want to use a bigger skillet and just fry both eggs at the same time. Continue to fry the eggs until the whites are set but the yolks are still runny.

In the meantime, spread the bean mixture over each tortilla, followed by the salsa. Then top each with an egg. Dollop with a little more salsa, fresh cilantro sprigs and a good grind of black pepper.

Serve with lime wedges and sour cream!

### Ingredients

- 8 large eggs, 1 use omega-3 fortified
- 1 teaspoon Worcestershire sauce
- 1 teaspoon kosher salt
- 2 tablespoons water
- 2 tablespoons butter, divided
- 1/2 lb bacon, chopped into 1/2" strips
- 10-12 button mushrooms, cleaned, stemmed and sliced
- 2 green onions, chopped

### Instructions

Heat a large non-stick frypan over medium heat. Add sliced bacon and cook for 4-5 minutes, stirring so bacon fries evenly to the desired doneness. Line a plate with a paper towel. Remove bacon from pan to a plate lined with a paper towel and let grease drain. Discard bacon grease and wipe pan clean with another paper towel.

Heat frypan over medium and melt one tablespoon of butter in pan. Add mushrooms and sauté for 4-5 minutes. Add in green onion and sauté for one minute. Remove from pan and set aside. In a large bowl or quart measuring cup, crack eggs and beat until well blended. Add water and Worcestershire sauce and salt.

Re-heat the same non-stick large frypan over medium heat and melt remaining tablespoon butter. Pour in egg mixture and let cook for about a minute. Gently pull eggs from side to center of the pan, allowing liquid egg to meet the hot pan until eggs have gently set but are still a bit runny. Add in bacon, mushrooms and green onion and fold gently into eggs. Remove from heat when set but still soft. Eggs will continue to cook. Plate immediately and serve.

## QUINOA BREAKFAST SKILLET

## Fried Eggs with Asparagus, Ramps, and Oyster Sauce

- 3 large eggs
- 3 to 4 asparagus spears, cut into 1/2 inch pieces, about 1/2 a cup
- 3 to 4 ramps, whites parts only, sliced into thin rounds
- 1 cup non flavored oil, 1 used safflower
- 1 tablespoon oyster sauce mixed with 1 tablespoon of water
- Kosher salt

Place the wok with 1 inch of oil in the bottom over high heat. Place a two cup metal bowl next to the wok. Gently crack the eggs into another small bowl. When the oil is hot and shimmering lower the bowl down to the oil and gently slide them into the oil being careful not to get your hand too near. They will crackle and bubble. If the stick a little you will want to loosen them with a wooden spatula. When the bottoms have taken on some color carefully pour out most of the oil into the two cup metal bowl. By now the eggs should be set. Place them on a plate. Put the wok back over the heat and add the asparagus and the ramps. If needed add a little oil from the two cup bowl. Cook the veggies just until the ramps soften but the asparagus is still crisp tender. Place the veggies on top of the eggs, drizzle with oyster sauce and serve

## Masala Scrambled eggs - Egg bhurji

- 4 eggs
- 2 Small green chillies chopped
- 2 Cloves of garlic chopped
- 1 Small onion chopped
- 1 Small Tomato chopped
- 2 tablespoons Oil
- 1 teaspoon Turmeric Powder
- 1.5 teaspoons Red Chilli powder
- 2 teaspoons Cumin coriander powder
- 1 teaspoon Garam masala
- Salt to taste

Put oil in a pan on medium heat and green chillies and garlic to it and saute for two seconds or so and add the onions. Once the onions turn translucent add the tomatoes and cook it well. As soon as the tomatoes are done, it should take 2 minutes to cook down this mixture add the spices. And mix well. And, immediately add all the eggs to it. Let the eggs cook for a minute or so and just when they look they holding up then scramble them thoroughly. And, then with the help of a potato masher start mashing up the eggs so that they will get crumbly. As soon as they look cooked and well mixed up. Remove and serve them with some toast and ketchup on the side. See I told you we also like ketchup the way chef Nico likes. This bhurji makes lovely sandwiches from leftover.

## Grandma's Scrambled Egg

- Ingredients
- 8 large eggs, 1 use omega 3 fortified
- 1 teaspoon Worcestershire sauce
- 1 teaspoon kosher salt
- 2 tablespoons water
- 2 tablespoons butter, divided
- 1/2 lb bacon, chopped into 1/4" strips
- 10-12 button mushrooms, cleaned, stemmed and sliced
- 2 green onions, chopped
- Instructions

Heat a large non-stick frypan over medium heat. Add sliced bacon and cook for 4-5 minutes, stirring so bacon fries evenly to the desired doneness. Line a plate with a paper towel. Remove bacon from pan to a plate lined with a paper towel and let grease drain. Discard bacon grease and wipe pan clean with another paper towel.

Heat frypan over medium and melt one tablespoon of butter in pan. Add mushrooms and sauté for 4-5 minutes. Add in green onion and sauté for one minute. Remove from pan and set aside. In a large bowl or quart measuring cup, crack eggs and beat until well blended. Add water and Worcestershire sauce and salt.

Re-heat the same non-stick large fry pan over medium heat and melt remaining tablespoon butter. Pour in egg mixture and let cook for about a minute. Gently pull eggs from side to center of the pan, allowing liquid egg to meet the hot pan until eggs have gently set but are still a bit runny. Add in bacon, mushrooms and green onion and fold gently into eggs. Remove from heat when set but still soft. Eggs will continue to cook. Plate immediately and serve.

## Tomato-y, Yogurt-y Shakshuka

- 2 tablespoons olive oil
- 1 teaspoon harissa (add more if desired)
- 2 teaspoons tomato paste
- 2 large red peppers, diced
- 4 garlic cloves, finely chopped
- 1 teaspoon ground cumin
- 1 23-ounce can of diced or crushed tomatoes
- 6 eggs
- 1/2 cup labneh or Greek yogurt

In a large saucepan -- ideally, a pan you can cover with a lid later -- warm the olive oil over medium heat and then add the harissa, tomato paste, red peppers, garlic, cumin, and roughly 1/2 teaspoon salt. Saute for about 10 minutes, until the peppers soften. Add the tomatoes, bring to a simmer and cook for another 10 minutes, or until the sauce has thickened. Make a half-dozen little indentations in the sauce and then crack an egg into each. Simmer until the whites are gently set and the yolks are still wobbly; this will take around 10 minutes, but watch closely -- the eggs go from undercooked to overcooked quickly. (If they're cooking very slowly, cover the pan and then peek.) Serve the eggs in the sauce, with the labneh or yogurt on the side. You'll want bread and a simple green salad.

## Migas

- 2 tablespoons vegetable oil
- 1 small onion diced
- 1 clove garlic
- 1/2 cup salsa verde or small can of green chiles
- 1/2 cup tortilla chips broken into small pieces
- 1 egg
- 1/2 cup shredded cheese (cheddar, jack, whatever you got)
- Salsa, sour cream, cilantro to top

In a large skillet over medium-high heat, heat oil until ripples. Add onion and garlic with pinch of salt and stir carefully until translucent. Add green salsa and chips, stir until chips are slightly soggy. Add eggs and stir until cooked, add cheese until melted. Serve with toppings and enjoy.

- INGREDIENTS:**
- 6 ounces fresh spinach
  - 8 ounces fontina cheese, freshly grated
  - 8 large eggs
  - 2-3 table spoons heavy cream or half and half
  - 1/2 teaspoon pepper
  - 1/4 teaspoon coarse sea salt
  - 2 tablespoons unsalted butter
  - 1 garlic clove, minced or pressed
  - 1/3 cup seasoned panko bread crumbs
  - chopped fresh herbs for topping
  - 1 loaf of ciabatta, toasted and buttered
- Preheat oven to 400 degrees F. Spray a 9-13 baking dish with nonstick spray.
- Take fresh spinach and layer it evenly in the baking dish. Add about 1/2 of the grated cheese, then randomly place the eggs over top. I found it best to crack them in a dish first then gently place them on the spinach. If they fall through the cracks, no big deal! Cover the eggs with the salt and pepper, then drizzle the heavy cream over top and sprinkle on the remaining cheese. Place in the oven and bake for 20-25 minutes, checking the eggs in the last few minutes to see how done they are. If you want the yolks completely cooked through, you may need an additional 5-10 minutes. Keep an eye on them! I ended up broiling my eggs on high (the rack was in the center of the oven) just to bubble the cheese, but beware that this does cook the yolks a bit more.
- While the eggs are baking, add butter to a small saucepan over medium heat and whisk constantly while it bubbles. The minute brown bits begin to form on the bottom of the pan, remove from heat and whisk for an additional 30 seconds. (for more step by step photos of browning butter, click here.) Let butter stand for 2 minutes, then add in minced garlic and whisk. Add in panko and stir well to coat and combine. Once eggs are finished, remove from the oven and cover with breadcrumb and fresh herbs. Serve immediately with toast and butter!

## FONTINA AND SPINACH BAKED EGGS WITH GARLIC BROWN BUTTER BREADCRUMBS

### Chickpea, Tomato, and Roasted Red Pepper Skillet Breakfast

- 1.5 cups chickpeas, drained (1 can)
- 1 teaspoon paprika
- 2 tablespoons fresh thyme leaves
- 2 tomatoes, quartered
- 1/4 cup roasted red peppers
- 1/2 onion, diced
- 1 tablespoon olive oil
- 3 eggs
- 1/2 avocado
- 1/2 lemon, juiced
- 1 dash salt and pepper, to taste

Get the grill in the oven nice and hot. In a small oven-proof skillet, saute chickpeas, onion, thyme, and paprika in olive oil on the stove. Once the onions are soft, add the tomatoes and peppers for a minute, stirring the spices and seasoning with salt, pepper, and lemon. Place under the grill in the oven for about 10 minutes, until tomatoes are getting brown edges. Remove and crack eggs over the dish. Bake for another 5 minutes, until the whites are cooked but the yolks are still soft. Serve with avocado and toast

### GRUYERE, FIG JAM AND ARUGULA BREAKFAST SANDWICHES

- INGREDIENTS:**
- 1 tablespoon unsalted butter
  - 1 tablespoon flour
  - 1/3 cup half and half
  - 1 ounce gruyere cheese, freshly grated
  - 1 pinch of nutmeg
  - 1 cup fresh arugula
  - 2 teaspoons olive oil
  - 1/4 teaspoon salt
  - 1/4 teaspoon pepper
  - 4 slices whole grain bread, toasted
  - 2 large eggs, cooked as desired
  - 1/3 cup fig jam

Make the gruyere cheese sauce first: add the butter to a small saucepan over medium heat. Once it's sizzling, whisk in the flour to create a roux and cook for a minute or so until slightly golden. Pour in the half and half and whisk until it begins to thicken. Reduce the heat to low and add in the gruyere, stirring until it melts. Stir in the nutmeg. Keep the cheese sauce over very low heat until ready to use, stirring every so often.

Toss the arugula with the olive oil, salt, and pepper. Toast the bread slices and cook your eggs as desired - if you're really feeling freaky, you can toast your bread like a grilled cheese. Spread it with some butter and toast it in a skillet. On one side of the bread, spread some of the fig jam. On the other side, spread on the gruyere sauce. Drizzle a bit more gruyere on top of the jam. Pile the arugula on one side and add the egg. Serve immediately!

2 eggs

2 small pinches of salt (a pinch of salt per egg)

1/4 cup grated cheese such as Gruyere, Swiss, or Parmesan

## Cloud Eggs (Egg Nests) Recipe

1. Preheat the oven to 450 F with a rack in the middle. Line a roasting pan, or baking sheet that can take high temperatures without warping, with parchment paper or Silpat.

2. Separate the egg yolks from the whites. Make sure there are no little pieces of egg yolk in the whites or you will have difficulty getting the whites to beat properly. It helps if you are making more than one egg nest to keep each egg yolk in a separate prep bowl.

3. Place the egg whites in a very clean mixer bowl (any residual oil in the mixer bowl will keep the egg whites from whipping up properly). Add a small pinch of salt to the egg whites. Beat the egg whites with a whisk attachment in a mixer (or using a hand mixer), starting on low speed and then slowly increasing to high speed, until stiff peaks form.

4. Gently fold in the grated cheese, taking care not to deflate the egg whites.

5. Create two mounds of the egg white mixture on the lined baking sheet. Form the mounds so they look like nests, with indentations in the centers.

6. Place in the oven for 3 minutes. After 3 minutes, open the oven, pull out the rack with the egg white nests, and gently add an egg yolk to the center of each nest. Return the baking sheet to the oven and cook for 3 more minutes. Serve immediately.

\* 6 taco tortillas (I used sprouted, but you can go regular flour or whole wheat, whatever!)

\* 2 cups kale (or spinach, arugula, whatever you have on hand)

\* 6 eggs

\* 1/3 cup thinly sliced red onion

\* 3 slices bacon, rendered and crumbled

\* 12 cherry tomatoes, halved (or more!)

\* 1/3 cup diced red bell pepper

\* 1/2 cup shredded cheddar cheese

\* 1 pinch coarse salt

\* 1/2 cup diced avocado

\* 1/2 cup salsa

\* cilantro leaves for garnish

## Breakfast Taco Cups:

Preheat the oven to 375. Stack the tortillas on each other and give them a quick zip in the microwave, 15 seconds. This warms them so they're more pliable and easy to maneuver. Lightly coat the ramekins with cooking spray. Place each tortilla inside each ramekin, kind of folding it in. Layer a few kale leaves in the bottom of the tortillas, then crack an egg in each cup. Sprinkle a teeny teeny bit of salt on each egg. Then layer with cheese, 4 tomato halves, sliced onion, red bell pepper, and bacon. And more cheese.

Slide in the oven for 25 to 30 minutes, or until the egg whites are set and the yolks are nearly done. Go a little longer if you want them hard cooked. Mine weren't soft by any means, but not totally done, which I love.

Garnish with avocado, cilantro leaves and a little drizzle of salsa. You could even add sour cream if you want!

Ingredients:

2-3 tablespoons unsalted butter, melted

3 slices sandwich bread

6 slices bacon

1/4 cup shredded cheddar cheese

6 large eggs

salt and pepper

Directions:

Preheat oven to 375 degrees F.

1) In a large skillet or frying pan, cook bacon over medium heat. Undercook slightly, the bacon will continue to cook once in the oven.

2) Lightly butter 6 standard-sized muffin cups.

3) Use a rolling pin or your hands to slightly flatten each bread slice then use a cookie cutter, jar top or cup to cut into 6, 4 1/4 inch, rounds.

4) Cut each round in half, then press two halves into each muffin cup, the halves will overlap slightly. Make use of extra bread to patch any gaps.

5) Brush the tops of the bread in each muffin cup with melted butter.

6) Lay one bacon slice into each cup and sprinkle with a pinch of shredded cheese.

7) Crack one egg into each cup and season with salt and pepper then bake until the egg whites are just set, about 20 to 25 minutes.

8) Run a knife around cups to loosen and serve immediately.

## Bacon, Egg and Toast Cups

## Bacon, Egg + Asparagus Personal Pizzas

makes 4 small pizzas

1 batch garlic bread pizza dough

4 slices thick cut bacon, chopped

1/2 red onion, chopped

2 garlic cloves, minced

2 tablespoons olive oil

1 cup freshly grated mozzarella cheese

1/2 cup freshly grated fontina cheese

1/4 cup freshly grated parmesan cheese

4 large eggs

8 asparagus spears, stems removed and chopped into pieces

Make dough as directed, then separate it into four equal balls. Roll or press each ball into a small circle, pressing down slightly more in the center to create a little "dent" - this is where the egg will go and it will help keep it from rolling off the dough. Place dough on a nonstick baking sheet.

While the dough is rising, heat a small skillet over medium heat and add bacon. Cook until just somewhat crispy and fat is rendered, then remove bacon with a slotted spoon and let drain on a paper towel. Reduce heat to low and add onion, cooking until soft, about 5 minutes. Add in garlic and cook for another 30 seconds, then remove from heat.

Preheat oven to 375 degrees F. Mix cheeses together in a bowl.

Brush each pizza with olive oil, then cover with a sprinkling of cheese. Add a few spoonfuls of the onion - garlic, bacon, then place a few pieces of asparagus on each pizza. 1 placed mine in somewhat of a box around the center to help hold in the egg. Crack the egg and gently place it in the center. Some of the white will roll down the sides and that is completely fine! Top with a bit more cheese and some fresh black pepper.

Bake for 30-35 minutes, or until egg is cooked to your liking and cheese is golden.



## Tuscan Scrambled Eggs Recipe

### Ingredients

- 3 Tbsp extra virgin olive oil
- 1 large yellow onion, peeled and chopped
- 1 1/4 lb (600g) plum tomatoes, peeled and chopped or 1 1/4 oz can of diced tomatoes
- 6 eggs
- Salt and freshly ground pepper

1 Heat olive oil on medium heat in a nonstick skillet. Add the onions and cook until translucent, just starting to turn golden in color, about 6 minutes. Add the tomatoes and cook over low heat until the liquid evaporates, about 10 minutes.

2 Whisk the eggs in a bowl until well blended. Season with a little salt and pepper. Add the eggs to the tomato and cook over medium heat, stirring constantly, and scraping from the bottom with a wooden spoon. Remove from heat as soon as the eggs begin to set, but are still moist, about 3 minutes. Turn out onto a serving plate. Serve immediately.

## Roasted Tomato and Zucchini Frittata Recipe

### Ingredients

- For the roasted tomatoes
  - 1 cup cherry tomatoes
  - 2 cloves garlic
  - 4 sprigs fresh oregano
  - Drizzle olive oil
  - Kosher salt and pepper
  - For the Frittata
  - 3 large eggs
  - 1/4 cup half and half
  - 1 teaspoon butter
  - 1 teaspoon olive oil
  - 1 medium zucchini, sliced or 1 1/2 cups
  - 1/4 plus 2 tablespoons grated Parmesan cheese
  - 1 teaspoon fresh oregano leaves
  - 1/4 teaspoon Kosher salt
- Pre-heat oven to 400 degrees.  
On a small sheet pan topped with foil, add tomatoes and garlic and drizzle with olive oil. Add salt and pepper and toss to coat. Sprinkle with oregano leaves and roast in oven for 15 minutes. Remove and set aside.  
In a medium bowl, whisk together eggs, half and half, 1/4 cup of parmesan and salt.  
In a 9 inch saucpan over medium high heat, melt butter with olive oil. Add zucchini and a sprinkle of salt and sauté for 5 minutes or just until zucchini starts to lightly brown.  
Add egg mixture to saucpan and top egg with tomatoes and fresh oregano. As egg cooks, lift edges of egg from sides of pan and tilt so uncooked portion runs to the edges. Repeat process and cook for 2-3 minutes.  
Place pan in oven and bake for 5 minutes or until frittata has puffed and edges of egg have started to pull apart from the pan. Remove from oven and garnish with additional parmesan and more fresh oregano if desired. Cut into wedges and serve.

## Salmon and Bagel Egg Benedict

### Ingredients

- 4 bagels, split
- 1/2 pound king salmon divided into 2 ounce portions
- 3 eggs
- hollandaise sauce (I use one package of Knorr's classic sauce spiked with lemon or this recipe)
- 1 tomato, sliced
- 1 avocado, sliced
- paprika or chili powder for garnish

### Instructions

Pre-heat oven to 400 degrees. Place fish in a 9 X 12 baking dish and add enough water to just cover fish. Bake fish for 10 minutes or until opaque. Remove from baking dish and keep warm.  
Prepare hollandaise according to this recipe or package directions.

In a saucpan or skillet with high edges bring water to almost boiling so white bubbles form on bottom of pan. Add 1 teaspoon white vinegar. Crack eggs into water keeping whites close to egg yolks. Gently spoon water over yolks and cook for 3-5 minutes or until whites are firm. Remove eggs from pan with a slotted spoon and set aside. Trim ragged edges with kitchen shears.  
Toast bagels and top with layers of tomato, avocado, salmon and egg. Spoon hollandaise over eggs, sprinkle with paprika or chili powder and serve.

### For the biscuits:

- 2 cups all purpose flour
  - 2 tsp. baking powder
  - 3/4 tsp. salt
  - 1/3 tsp. coarsely ground pepper
  - 8 tsp. cold unsalted butter, cut into small pieces
  - 3 oz. sharp cheddar cheese, shredded
- Pre-heat the oven to 400° F. Line a baking sheet with a silicone baking mat or parchment paper. In a medium bowl, combine the flour, baking powder, and salt. Whisk to blend. Stir in the pieces of butter and toss to coat in the dry ingredients. Using two forks or a pastry cutter, cut the butter into the dry ingredients until the mixture is coarse largest butter chunks are the size of small peas. Stir in the cheddar and diced jalapeños and toss briefly to combine. Pour in the milk and stir gently with a fork until a sticky dough has formed.

2 jalapeño peppers, seeded and finely minced

3/4 cup milk

1 tbsp. butter, melted

### For serving:

Salsa

Sliced Avocado

Eggs (poached, fried, whatever you prefer)

## Jalapeño Cheddar

## Biscuits with Salsa,

## Avocado and Eggs

Turn the mixture out onto a well floured work surface. Don't worry if the dough has some dry bits. Briefly knead until the dough is mostly cohesive and no longer sticky, being careful not to overwork it. Form the dough into a square slab about 7 x 7". Use a sharp kitchen knife and cut into thirds in one direction, and then the other to form 9 square biscuits.\* Transfer the biscuits to the prepared baking sheet and brush the tops of the biscuits lightly with the melted butter.

Bake for about 18 minutes, rotating the pan halfway through baking until the tops are golden and the biscuits are baked through. Transfer to a wire rack and let cool slightly before serving. Serve as desired with salsa, avocado, and eggs.

\*At this point, the unbaked biscuits can be frozen. When ready to bake, simply bake directly from the freezer as directed above and add a few minutes onto the baking time (no need to thaw first.)

## BRUSSELS SPROUTS BREAKFAST HASH

### INGREDIENTS:

- 4 slices thick cut bacon, chopped
- 1/2 red onion, diced
- 1 sweet potato, peeled and cut into 1/2 inch cubes
- 2 garlic cloves, minced
- 10-12 brussels sprouts, stems removed and sliced
- 3-4 large eggs
- salt + pepper to taste

### DIRECTIONS:

Heat a large skillet over medium heat and add bacon. Cook until crispy and fat is rendered, then remove with a slotted spoon and let drain on a paper towel. Slightly reduce the heat under the skillet and add onion and sweet potato, tossing to coat. Cook until sweet potato has softened, about 6-8 minutes, then stir in garlic and cook for 30 seconds.

Add sliced brussels sprouts and stir to combine, cooking them until soft and caramely, another 5 minutes or so. In the meantime, poach or fry eggs, cooking until desired doneness. Serve immediately with buttered toast!

### Ingredients:

- 1 corn tortillas
- 4 eggs
- 1 jalapeño, minced
- 2 scallion stalks, sliced thin (green & white)
- 2 radishes, sliced thin
- 1 avocado, sliced
- Cilantro for garnishing
- Hot sauce for serving
- 1 lime, quartered

### Instructions:

In a large skillet, char tortillas over medium heat until each side is browned. Wrap tortillas in foil to keep warm and set aside.  
Whisk together 4 eggs with jalapeño and scallion. Season with salt and freshly ground pepper. Heat a skillet over medium low heat. Add in your eggs and let them cook slowly without stirring too much. This is what gives scrambled eggs that custard-y texture.  
Keep cooking over low heat, carefully folding eggs over for even cooking. Once eggs are cooked, but not browned, remove from heat.  
Divide eggs evenly over the four corn tortillas. Top with radishes, sliced avocado and fresh cilantro to garnish. Season with flaky sea salt, freshly ground pepper and your favorite hot sauce. Squeeze lime juice over each taco before eating.

## Baked Ranchero Eggs with Blistered Pepper Jack Cheese

### For the sauce:

- 1 jalapeño pepper, seeded and chopped
  - 3 cups (1 28 oz. can) whole tomatoes, fire-roasted preferred
  - 1 medium yellow onion, roughly chopped
  - 1 clove garlic, peeled and crushed
  - Salt and pepper, to taste
  - 1/2 cups (1 15 oz. can) black beans, drained and rinsed
- For the tortilla strips:
- 2 tbsp. olive oil, divided
  - 4 small (6 inch) corn tortillas, cut into 1/2 inch wide strips
  - Coarse salt, to taste

12 large eggs

- 1/4 cups coarsely shredded pepper jack cheese\*
- 1 cup greek yogurt or sour cream (low fat is fine)
- 2 tbsp. freshly squeezed lime juice
- 1/4 cup minced fresh cilantro

1 cup arborio rice, prepared according to package instructions

1/3 cup olive oil, divided

1 medium onion, chopped

1 teaspoon dried rosemary

1/4 teaspoon red pepper flakes

- 4 ounces shiitake mushrooms, stems removed and thinly sliced
- 2 medium beets (greens reserved), peeled and diced into 1/2 inch cubes (about 2 cups)

1 medium sweet potato,

peeled and diced into 1/2 inch cubes (about 2 cups)

3 tablespoons balsamic vinegar

2 cups roughly sliced beet greens

1/4 teaspoon each salt and freshly ground black pepper

6 large eggs

Preheat the oven to 450° F. To make the ranchero sauce, combine the jalapeño, tomatoes, onion and garlic to a blender or food processor. Process until smooth. Season with salt and pepper to taste. Pour the sauce into a 12 inch ovenproof skillet. Stir in the black beans. Bring to a simmer over medium heat. Lower the heat but maintain at a simmer and let cook about 10 minutes.

Meanwhile, brush a baking sheet with 1 tablespoon of the oil. Spread the tortilla strips in a single layer on the baking sheet and brush the tops with the remaining tablespoon of oil. Sprinkle with coarse salt. Bake about 6 minutes, tossing once or twice, until lightly browned and crisp. Set aside. Do your very best to not devour them all before the eggs are finished cooking. It's not easy. When the sauce has thickened slightly, remove the pan from the heat. Carefully crack the eggs over the surface of the sauce placing them as evenly as possible. Return the pan to the heat, cover, and let simmer gently in the sauce about 10-12 minutes, until the whites are partially but not completely opaque.

Heat the broiler. Sprinkle the cheese over the top over the eggs, place underneath the broiler, and cook until the cheese is browned and bubbling and the eggs are cooked to your liking, just a few minutes. In a small bowl, whisk together the greek yogurt and lime juice. Remove the pan from the oven, top with dollops of the lime crema, sprinkle with crumbled tortilla strips and the cilantro. Serve immediately.

## Sunny Side Up Beet Hash with Crispy Rice Cakes

Line a 9 by 9 inch baking pan lined with plastic wrap and spray lightly with cooking spray. Prepare rice according to package directions. Spread into prepared pan, pressing in to an even square. Cover with plastic wrap and refrigerate for at least 2 hours or overnight.

Heat 2 tablespoons oil in a large skillet or saucpan over medium-high heat.

Add onion and cook until translucent, about 3 minutes. Stir in rosemary and red pepper flakes and cook for 1 minute or until fragrant. Add mushrooms and cook, stirring occasionally, for 3 minutes or until mushrooms are softened. Stir in beet and sweet potato, followed by balsamic vinegar. Cover and cook, stirring occasionally, for about 20 minutes or until vegetables are just tender.

Add beet greens and sauté until greens are bright green and slightly wilted, about 5 minutes. Season to taste with salt and pepper.

Meanwhile, heat 2 to 3 tablespoons olive oil in a large non-stick skillet over medium-high heat. Gently lift rice out of baking pan and set on cutting board. Cut into 9 even squares, then cut each square in half to form triangles. Cook 4 or 5 rice cakes in hot oil, taking care not to overcrowd the pan, and cook until crispy and just barely golden brown, about 2 to 3 minutes per side. Transfer to a paper-towel lined plate and repeat with remaining cakes. Crisped cakes can be kept in a warm oven at 200 degrees until ready to serve.

Heat a nonstick skillet over medium heat; spray lightly with cooking spray. Add eggs and cook, either one at a time (for perfect, round eggs) or all at once in a large skillet for speedier preparation. Cook for about 2 to 3 minutes for a runny egg, or flip and cook for another minute if you like your eggs over medium.

Divide hash among plates. Top with a fried egg and serve with crispy rice cakes.

## Light Egg Salad

### Ingredients

- 10 large eggs, hard-boiled, cooled, 4 yolks removed (and discarded), dice remaining
- 2/3 cup Greek yogurt
- 1 Tbsp mayonnaise
- 2 Tbsp prepared mustard
- 1 Tbsp agave nectar
- 1 Tbsp fresh dill or 1 tsp dried dill
- 1/4 tsp onion powder
- 1 pinch garlic powder
- Salt and freshly ground black pepper, to taste

### Instructions

Place diced eggs in a mixing bowl. In a separate small mixing bowl, whisk together all remaining ingredients until well blended. Pour over diced eggs and toss to evenly coat. Serve on bread, layered with tomatoes, avocados and spinach if desired.

## EASY SPINACH ARTICHOKE QUICHE CUPS

### INGREDIENTS:

- 1 (11.5 ounce) can artichoke hearts, drained and chopped
- 1 package frozen spinach, drained
- 5 eggs, whisked
- 3/4 cup shredded mozzarella cheese
- 2/3 cup milk (any kind)
- 1/2 cup chopped white onion
- 1/4 cup grated Parmesan cheese
- 2 cloves garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

### DIRECTIONS:

Preheat oven to 350 degrees F. Prepare 12 baking cups by either spraying them liberally with cooking spray, or lining them with paper liners.

Stir all ingredients together in a large mixing bowl until combined. Portion the mixture into the 12 prepared baking cups so that they are all nearly full.

Bake for about 20 minutes, or until the eggs are set and a toothpick inserted in the middle of the quiche comes out clean. Serve immediately.

## BAKED EGGS WITH SHREDDED CHICKEN AND SALSA

### INGREDIENTS

- 1 cup of shredded chicken
- 4 eggs
- 1 cup chunky salsa

### INSTRUCTIONS

Preparation: Heat oven to 400 degrees. Lightly butter inside of ramekins.

Evenly divide the shredded chicken between the four ramekin. Evenly divide 3/4 cup of salsa between the ramekins. Gently crack an egg in each ramekin (optional: add 1 tablespoon heavy cream over the egg to prevent the possibility of the egg drying out). Place ramekin in a baking dish. Pour tap hot water into the baking dish until it reaches halfway up the ramekins.

Bake until the egg whites and yolk is just set, about 15-18 minutes.

Remove from oven and spoon remaining salsa on top. Serve immediately.

## EASY SPINACH ARTICHOKE QUICHE CUPS

### INGREDIENTS

- For the egg scramble
- 4 eggs
- 1/4 cup milk
- 1 tablespoon coconut oil
- 1/2 cup sofrito (see below)
- sliced avocado for serving
- toast for serving
- fresh cilantro for serving
- For the sofrito
- 1 red bell pepper, chopped
- 3 celery stalks, chopped
- 1 large yellow onion, chopped
- 2 chipotle chiles in adobo sauce
- 3 cloves garlic
- 1 1/5 ounce can diced tomatoes
- 1 cup fresh cilantro
- 1/3 cup extra virgin olive oil

### INSTRUCTIONS

Combine the red pepper, celery, and onion in a food processor and pulse until finely chopped. Transfer to a large bowl and set aside.

Add the chiles, garlic, diced tomatoes, and cilantro to the food processor and process until finely chopped/combined. Add mixture to the large bowl.

Pour the oil into a large skillet or sauce pot over medium heat.

Once hot, add the mixture (careful as the oil will splash) and cook the sofrito down over medium-low heat for 30-40 minutes stirring frequently until most of the liquid has cooked off and the sofrito has thickened. Set aside.

To make the egg scramble, melt the coconut oil in a large skillet over medium heat.

Whisk the eggs and milk together in a small bowl and add to the skillet once hot.

Scramble the eggs with a spatula and as they start to come together, add the 1/2 cup of sofrito to the skillet. Continue scrambling the eggs and sofrito together until the eggs are fully cooked.

Serve with toast, sliced avocado, and fresh cilantro.

The extra sofrito can be stored in a container, cooled completely and refrigerated.

## SALMON ASPARAGUS FRITTATA

1 L extra virgin olive oil  
1 cup asparagus, cut into 1-inch pieces  
2 green onions, diced  
1 roma tomato, deseeded and diced  
16 oz. can of salmon, drained  
1 whole egg  
6 egg whites  
2 T. skim milk  
3/4 t. kosher salt  
black pepper to taste  
1/4 cup shredded asiago cheese

1 L extra virgin olive oil  
**INSTRUCTIONS**  
Preheat oven to 425 degrees.  
Over medium heat, heat the olive oil as well as spray an ovenproof saute pan with cooking spray.  
When the oil is hot add the chopped asparagus and green onion and cook for approximately 2-3 minutes until they are barely soft.  
While the vegetables are cooking whisk together the eggs, milk, salt, pepper, and drained salmon.  
Pour the egg and salmon mixture over the asparagus and green onion.  
Top the eggs with the tomato and sprinkle with the asiago cheese.  
Let the frittata cook on the stove for about 3 minutes and then move it to the oven and let it bake for 6-8 minutes or until it is set.  
Remove from the oven and let it rest a couple minutes before cutting and serving.

### NOTES

Be sure to spray the saute pan or cast iron skillet well with cooking spray so that the eggs don't stick. If you want the top of the frittata to be more golden brown turn on the broiler for a couple minutes. The frittata may be served immediately or at room temperature. It also reheats nicely for leftovers.

**Ingredients**  
1 pepper (any color)  
2 medium sweet potatoes, yams, or potatoes  
1 medium zucchini  
1/2 yellow onion  
1 pound breakfast sausage or Italian Sausage  
6-8 eggs, large  
1-2 tablespoons EVOO  
1 tablespoon minced garlic  
1 teaspoon basil  
1 teaspoon parsley  
salt and pepper to taste

### Instructions

First, preheat oven to 350°F and prep veggies.

In a large oven safe sauce pan, heat 1-2 tablespoons of EVOO. Then spoon on a tablespoon of minced garlic. Next, add in sweet potatoes, onion, and pepper. Sauté for about 5 minutes. Then, add in zucchini, season with spices, and sauté for 3-5 more minutes (making sure not to cook all the way!).

Remove from heat. Take chunks of sausage and evenly spread on top of veggies. Place in oven and bake for 15 minutes.

Remove from oven, crack eggs on top of sausage and season with salt and pepper. Bake for an additional 25 minutes or until the eggs are at the preferred consistency.

## grilled potato salad with almond-basil chimichurri and 7-minute eggs

### INGREDIENTS

2 1/2 pounds mixed baby new potatoes and/or fingerling potatoes halved  
1 bunch asparagus  
4 green onions  
1/3 cup olive oil plus more for drizzling  
salt and pepper to taste  
3 tablespoons creamy almond butter  
2 tablespoons apple cider vinegar  
1 teaspoon honey  
2 cloves garlic minced or grated  
1/2 cup fresh basil chopped  
1/4 cup fresh cilantro chopped  
2 tablespoons chives copped  
pinch of crushed red pepper  
4 eggs  
1/2 cup toasted almonds chopped

Preheat the grill to medium high heat.

Place the potatoes in a large saucepan and fill with cold water, covering the potatoes by at least 2 inches. Bring the water to a boil over high heat, continue boiling about 8 minutes or until the potatoes are tender. Drain the potatoes and toss with a drizzle of olive oil (1-2 tablespoons), plus salt + pepper to taste.

Meanwhile, cook the eggs in a large saucepan of boiling water until whites are set and yolks are still slightly soft, 7 minutes. Drain the eggs and then run under cold water to cool. Set aside.

In a medium bowl, whisk together the 1/3 cup olive oil, almond butter, apple cider vinegar, honey, garlic, basil, cilantro and some salt + pepper. Add a pinch of crushed red pepper flakes. Taste and adjust the salt + pepper to your liking.

Using tongs, place the potato pieces on the hot grill, and cook on all sides, long enough to make grill marks, 1 to 2 minutes per side.

Handle gently so they don't fall apart. During the same time, toss the asparagus + green onions with a little olive oil, salt + pepper and grill until light grill marks appear. Cut into 3 inch pieces. Add the hot potatoes, asparagus and green onions to the chimichurri as they come off the grill. Once all the potatoes have been grilled, toss well with the chimichurri.

Peel the eggs and slice in half.

Add the salad into a serving bowl or plate. Top with chopped almonds and the 7-minute eggs. Garnish with chopped chives. Enjoy!

1 1/2 teaspoons liquid smoke

2 tablespoons pure maple syrup

3 tablespoons apple cider vinegar

3 tablespoons low-sodium soy sauce

1 tablespoon olive oil

1 (15 ounce) can chickpeas, drained and rinsed

**For the dressing:**

1 tablespoon Dijon mustard

1 tablespoon honey

1 tablespoon apple cider vinegar

1 clove garlic, minced

1/2 teaspoon vegetarian Worcestershire sauce

1/4 teaspoon salt

Pinch of pepper

1/4 cup olive oil

**For the salad:**

4 cups chopped romaine lettuce

4 cups fresh baby spinach leaves

4 hard-boiled eggs, chopped

1 pint cherry tomatoes, halved

1 medium avocado, pitted and cubed

1/2 cup crumbled feta cheese

1/2 cup raw walnuts, chopped

2 tablespoons minced fresh chives (or green onion)

2 tablespoons minced fresh parsley

## Garden Veggie Scramble with Breakfast Sausage and Baked Eggs

**Ingredients**  
1 pepper (any color)  
2 medium sweet potatoes, yams, or potatoes  
1 medium zucchini  
1/2 yellow onion  
1 pound breakfast sausage or Italian Sausage  
6-8 eggs, large  
1-2 tablespoons EVOO  
1 tablespoon minced garlic  
1 teaspoon basil  
1 teaspoon parsley  
salt and pepper to taste

### Instructions

First, preheat oven to 350°F and prep veggies.

In a large oven safe sauce pan, heat 1-2 tablespoons of EVOO. Then spoon on a tablespoon of minced garlic. Next, add in sweet potatoes, onion, and pepper. Sauté for about 5 minutes. Then, add in zucchini, season with spices, and sauté for 3-5 more minutes (making sure not to cook all the way!).

Remove from heat. Take chunks of sausage and evenly spread on top of veggies. Place in oven and bake for 15 minutes.

Remove from oven, crack eggs on top of sausage and season with salt and pepper. Bake for an additional 25 minutes or until the eggs are at the preferred consistency.

## Vegetarian Cobb Salad

**Instructions:**

For the chickpeas:

In a small bowl, whisk together the liquid smoke, maple syrup, vinegar, soy sauce and olive oil until well combined. Add in the chickpeas and toss to coat. Let the chickpeas marinate for 30 minutes.

Meanwhile, preheat the oven to 400°F.

Drain off the marinade and spread the chickpeas evenly on a rimmed baking sheet. Bake for about 15 to 20

minutes, stirring once halfway through, until charred and slightly crispy. Remove from the oven and let cool directly on the baking sheet (they'll crisp up more during this time).

For the dressing:

Add all the ingredients for the dressing to a small bowl. Whisk vigorously until combined.

For the salad:

Add some of the romaine and spinach to a serving plate. Top with some of the chickpeas, eggs, tomatoes, avocado, feta, walnuts, chives and parsley (in rows if desired).

Drizzle with the desired amount of dressing and serve immediately.

notes: Prep time includes 30 minutes for the chickpeas to marinate. Active time is only 15 minutes.

**Ingredients**

- 2 tablespoons coconut oil, divided
- 1 medium yellow onion, diced
- 3 medium zucchinii, chopped
- 1 cup crimini mushrooms, chopped
- 1 small eggplant, chopped (approximately 2 cups)
- 1 green bell pepper, cored and chopped

- 1/2 teaspoon sea salt
- 1/2 teaspoon chipotle chili powder
- 1 teaspoon urfa biber
- 2 heirloom tomatoes, chopped and seeded
- 3 green onions, diced
- 4 local, free-range eggs

**Instructions**

Preheat oven to 400 degrees F.

Toss 1 tablespoon of coconut oil with onion, zucchini, mushrooms, eggplant, bell pepper, salt, chili powder, and urfa biber.

Lay ingredients flat on a sheet pan and roast for 20 -25 minutes, tossing at least once, until vegetables are tender. Once cooked, remove from oven and set aside. Toss with tomatoes and green onions.

Add remaining table-spoon of coconut oil to a pan over medium heat and crack the eggs directly into the pan. Cover the pan with a tight-fitting lid and cook 1 -2 minutes, until the whites are set and the outer edges are just starting to curl up.

Divide the vegetables amongst 2 plates and top with fried eggs. Sprinkle with an extra dash of chili powder, if desired.

**Ingredients**

- 1 Egg per person
- 2 Slices of smoked salmon per person
- 6-7 Asparagus per person
- extra virgin olive oil (for the pan)
- salt & black pepper (to taste)

for the waffles

- 1 + 3/4 Cups flour
- 1/2 cup yellow cornmeal
- 1 Tbsp. salt
- 25 Grams fresh yeast (or 1 sachet dry yeast)
- 1/2 Tsp. salt

- 1 + 3/4 Cups buttermilk
- 1/4 cup melted butter (olive oil works well too!)

**Directions**

Mix dry ingredients and whisk until combined. Stir wet ingredients and whisk until fully mixed. Cover the batter with plastic wrap and refrigerate overnight.

Preheat waffle iron and grease it very well so your waffles don't stick. Cook waffles according to manufacturer's instructions

Poach your egg or cook it to your liking.

Heat some olive oil in a pan and when it's hot add asparagus and saute on high for 2-3 minutes. Add salt to taste.

Top waffles with salmon, asparagus, and the poached egg and enjoy while warm!

Note: You can top the waffles with a fried or soft-boiled egg as well.

**Ingredients**

- 2 tablespoons coconut oil, divided
- 1 medium yellow onion, diced
- 3 medium zucchinii, chopped
- 1 cup crimini mushrooms, chopped
- 1 small eggplant, chopped (approximately 2 cups)
- 1 green bell pepper, cored and chopped

- 1/2 teaspoon sea salt
- 1/2 teaspoon chipotle chili powder
- 1 teaspoon urfa biber
- 2 heirloom tomatoes, chopped and seeded
- 3 green onions, diced
- 4 local, free-range eggs

**Instructions**

Preheat oven to 400 degrees F.

Toss 1 tablespoon of coconut oil with onion, zucchini, mushrooms, eggplant, bell pepper, salt, chili powder, and urfa biber.

Lay ingredients flat on a sheet pan and roast for 20 -25 minutes, tossing at least once, until vegetables are tender. Once cooked, remove from oven and set aside. Toss with tomatoes and green onions.

Add remaining table-spoon of coconut oil to a pan over medium heat and crack the eggs directly into the pan. Cover the pan with a tight-fitting lid and cook 1 -2 minutes, until the whites are set and the outer edges are just starting to curl up.

Divide the vegetables amongst 2 plates and top with fried eggs. Sprinkle with an extra dash of chili powder, if desired.

## Baked Eggs in Stuffed Peppers with Butternut Squash Hash

### For the Strawberry Peach Avocado Smash

- 1/2 cup diced strawberries
- 1/2 cup diced peaches (~ 1 half peach)
- 1 avocado, diced

Squeeze of lemon

- 1/2 teaspoon cilantro

### For the Ham and Egg Tostadas

- 4 corn tortillas, taco-sized
- 4 eggs, large
- 4 pieces of ham, from the deli
- Coconut oil cooking spray
- salt and pepper to taste
- sriracha, to taste

**Instructions**

### For the Strawberry Peach Avocado Mash

First, dice 1 avocado. Then, mash it using a fork. Squeeze on 1/2 lemon and add cilantro. Next, dice strawberries and peaches, then add to the avocado mash and mix. Set aside.

### For the Ham and Egg Toastada

First fry up your eggs. Coat a nonstick pan with olive oil or nonstick cooking spray and turn burner to low medium. Then, crack on an egg and season with salt and pepper. Cover with a top and let cook for about 3 minutes or until the yolk is at it's desired consistency. Set aside.

Turn oven to high broil. Then put tortillas on a baking sheet and place a piece of ham on top. Broil for about 2 minutes, watching closely. Remove once the ham and tortilla begin to brown. Add a fried egg on top and about 1/4 cup of strawberry peach avocado smash. Top with sriracha for some spice!

## Ham and Egg Tostadas with Strawberry Peach Avocado Smash