ONCE AND DONE!

Hard boil a dozen eggs on Sunday night and store in the refrigerator to have on hand all week. Great for school lunches with a refrigerated pack, a grab n’ go quick breakfast or afternoon snack.

2 MINUTES = HOT BREAKFAST

If you’ve got 2 minutes you can have a hot breakfast. Spray the inside of a coffee mug with nonstick cooking spray. Whisk together 2 eggs and 2 tablespoons of milk. Pour into the mug. Microwave on high for 30 seconds; stir and microwave an additional 70-80 seconds or until eggs are puffed and set. Try adding chopped bacon, ham or potatoes and a sprinkle of cheese before microwaving.

KIDS LOVE EGGPOPS

Place a hard-boiled egg on top of a skewer, carrot, celery or pretzel stick and you’ve got an instant portable protein. Dip in a variety of sauces like ranch dressing, Sriracha or honey mustard or try sprinkling on taco seasoning or cracked pepper.

CHEAT SHEET

Quickly whisk together a dozen eggs and pour on to a greased baking sheet. Bake at 350°F 12-14 minutes. Bake on a sheet pan until the texture is custardly—more like a frittata than scrambled eggs. Slice and serve or add to grilled cheese, quesadillas and wraps.

BREAKFAST SLAMMERS, AFTERNOON SNACKERS

Line an 8x8 pan with the bottom half of six slider buns cut side up. Top with scrambled eggs, deli ham slices and cheddar cheese. Cover with top of rolls. Brush lightly with melted butter and bake for 15 minutes at 350°F. Great on the go breakfast. Store left overs in fridge for afternoon snacks.