DISH ON EGGS
RECIPES FROM THE EGGSPERTS

24 DINNER EGG RECIPES
DISHONEGGS.COM

the incredible dinner egg
DINNER RECIPES FROM THE EGGSPERTS

INTRODUCING THE BIGGEST THING SINCE BREAKFAST EGGS!

Eggs aren’t just for breakfast—they add protein, flavor and texture to dinner dishes, too. From tacos and pizzas to salads and pasta, everything is better when you put an egg on it! Families can cook their way across America with hometown favorites shared exclusively by the egg experts.


With our deliciously quick and easy dinner egg recipes, you’ll always be a winner with eggs for dinner.

**FAN-FAVORITE FOODIE DISHES**

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**FIVE-STAR EGGSPERT DINNERS**

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With a mouthwatering collection of 24 dinner egg recipes, this cookbook will keep busy weeknights stress-free.
FAN-FAVORITE
FOODIE DISHES
INGREDIENTS
- 8 large eggs
- 2 tablespoons milk
- 1 teaspoon chili powder
- ½ teaspoon cumin
- ¼ teaspoon salt
- 8 teaspoons black pepper
- 1 - 15 ounce can black beans, drained
- ½ cup salsa
- ¼ cup fresh cilantro, chopped
- 6-8 small flour tortillas

Optional Toppings
- Shredded cheddar cheese
- Shredded lettuce
- Jalapeno
- Red onion
- Sour cream
- Avocado, diced

Let’s taco ‘bout how easy Southwest Egg Tacos are to make on busy weeknights! Prep and make dinner for the family in less than half an hour using favorite Mexican ingredients, like black beans, salsa and avocado, and top with protein-packed scrambled eggs.

DIRECTIONS
1. In a medium size bowl, beat the eggs with the milk, chili powder, cumin, salt and pepper.
2. Place a medium size skillet on the stovetop and heat over medium-low or medium heat. Once heated, spray with non-stick spray or add a small pad of butter and heat until the butter is melted.
3. Pour the eggs into the skillet and remember to not turn the heat higher than medium-low or medium.
4. Use a spatula to begin pulling the cooked outer edges in toward the center of the eggs. Then move the spatula around the edge of the skillet pulling the edges towards the center. As they begin to scramble, you will keep turning the uncooked eggs with a spatula until all the eggs are cooked.
5. Begin breaking up the scramble, quickly turn uncooked areas and keep the scramble moving to make sure that all surfaces cook evenly.
6. Heat the flour tortillas either on a skillet or in the microwave, if you like them warm.
7. Layer the eggs, black beans, salsa, cilantro and cheese along with any additional toppings you want. Enjoy warm immediately!

NOTES: Feel free to add additional ingredients like cooked sausage or bacon, breakfast potatoes or even pulled pork or chicken!
INGREDIENTS
• 2 large sweet potatoes, baked and cooled
• 4 large eggs
• ½ cup spinach chopped
• 1 tomato, chopped
• 1 teaspoon salt, divided
• 1 teaspoon pepper, divided
• 2 tablespoons water or milk
• 2 tablespoons feta cheese (optional)

DIRECTIONS
Preheat oven to 400°F.
Cut baked sweet potatoes in half and carefully scoop out the center of each half, leaving a about ½-inch border of sweet potato left.
Sprinkle each half with salt and pepper (use about 1/2 teaspoon of each total). Divide spinach, tomato, and feta if using evenly between each sweet potato half.
Mix together eggs with remaining ½ teaspoon each of salt and pepper and water or milk. Carefully pour into whisked eggs into sweet potato halves.
Bake for 15-20 minutes or until eggs are set.

NOTES:
Feel free to crack eggs directly into each half of the potato if you’d prefer not to scramble your eggs.
INGREDIENTS

Hollandaise
- 4 egg yolks
- 1 tablespoon lemon juice
- 8 tablespoons butter, melted
- Salt and pepper, to taste

Burgers
- 1 ½ pounds ground beef
- ½ teaspoon seasoning salt

Other
- 4 large eggs
- 4 English muffins, toasted
- 8 slices Canadian bacon
- Chopped chives or green onions, for topping

DIRECTIONS

Hollandaise
1. Place the egg yolks and lemon juice in a blender and blend on high for 3 minutes.
2. Add the hot melted butter to the mixture and blend another 1-2 minutes, until creamy. Season with salt and pepper.

Burgers
1. Form the ground beef into 4 equal patties. Sprinkle with the seasoning salt.
2. Preheat the grill to medium-high heat.
3. Add the burger patties to the grill and grill for 4-5 minutes on each side, until cooked to preferred doneness.
4. Add the Canadian bacon to the grill for the last 2 minutes of grilling time to heat the Canadian bacon.

Poached eggs
1. Bring a large pot of water plus 1 tablespoon of vinegar, filled with 2-3” of water, to a rolling simmer.
2. Crack one egg into a small bowl and then slide the egg into the simmering water.
3. Poach the egg for 3-4 minutes, until the egg white is set. Remove from the pot with a slotted spoon.

Serve
1. Place two slices of Canadian bacon on the bottom of each toasted English muffin. Top with the burger patties, then the poached egg, and then drizzle with hollandaise. Sprinkle with chives or green onions and top with the remaining half of the English muffin.

Serve and enjoy!
Grilled Barbecue Bacon Meatloaf Sandwiches will satisfy even the biggest appetites! Top savory, homemade meatloaf with crispy bacon and a runny fried egg for a sandwich that bursts with flavor.

**DIRECTIONS**

**Meatloaf**
1. In a large bowl, combine beef, breadcrumbs, egg, barbecue sauce, garlic, salt and onion.
2. Form into a loaf and place on three layers of aluminum foil, folding up edges to create tray for grilling.
3. Drizzle loaf with remaining barbecue sauce.
4. Layer bacon slices over meatloaf diagonally, tucking ends under loaf.
5. Grill over indirect heat for one hour or until internal temperature reaches 180°F.
6. Remove from heat and tent with aluminum foil and allow to rest for 20 minutes before slicing.

**Sandwich**
1. Meanwhile, fry eggs according to personal preference.
2. To assemble sandwiches, place a handful of arugula on top of one piece of Texas toast.
3. Top with a slice of cheese, a thick slice of meatloaf, additional barbecue sauce, if desired, onions and an egg.
4. Place an additional piece of Texas toast on top.
INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 1 red bell pepper, chopped
- ½ red onion, chopped
- 1 garlic clove, minced
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- ½ teaspoon dried oregano
- 28 oz. diced fire roasted tomatoes
- 4-6 eggs
- 2 tablespoons fresh parsley, chopped
- ¼ cup crumbled feta cheese
- 1 loaf crusty bread, for serving (optional)

A traditional Middle Eastern dish, Shakshuka features poached eggs in a hearty, spicy tomato sauce. This easy recipe is a great weeknight meal that is ready in less than one hour! Best served with crusty bread for dipping.

DIRECTIONS

Preheat oven to 350°F.

Heat a large oven safe skillet on the stovetop on medium-high. Sauté the chopped pepper and onion until starting to become soft, about 7 minutes. Add garlic, cumin, paprika, oregano and sauté for 30 seconds, stirring frequently. Stir in the fire roasted diced tomatoes. Simmer for 20 minutes.

Make 6 wells into tomato mixture for the eggs. Crack each egg into a small bowl and carefully and slowly pour into the individual wells. Cook on the stove for 1 minute, then transfer to the oven and cook for 6-8 minutes (closer to 6 minutes for runnier egg yolks, and closer to 8 minutes for more firm egg yolks). Remove from the oven.

Top with chopped parsley and crumbled feta and season with salt and pepper to taste.

Serve with crusty bread.
INGREDIENTS
- 4 eggs
- 1 cup of flour
- ½ cup corn flour
- 1 teaspoon salt
- 2 teaspoons sugar
- 2 teaspoons baking powder
- ½ cup oil
- 5 tablespoons Greek yogurt
- 8 ounces mushrooms, cleaned and diced
- 1 small onion, diced
- 1 cup shredded mozzarella cheese
- ½ teaspoon thyme

DIRECTIONS
1. Preheat oven to 350°F.
2. Whisk together 4 eggs in a medium bowl.
3. Add the oil, yogurt, and thyme to the eggs.
4. In a separate bowl, combine your dry ingredients: flour, corn flour, salt, sugar, and baking powder.
5. Pour your wet ingredients into your dry ingredients.
6. Stir in your diced mushrooms and onions. Do not overmix!
7. Bake for 45 minutes or until eggs are set and top is brown.

NOTES: If your mix feels too dry, add a few tablespoons of milk at a time.

Looking for a delicious, filling and easy-to-make dinner recipe the whole family will love? Look no further than this Savory Dinner Casserole. You can have this meal ready to bake in minutes.
INGREDIENTS
• 1 large baguette (about 14-inches long and thick enough to cut a well in the middle)
• 4 ounces of ham, diced (about ¾ cup)
• 1 cup fresh baby spinach, chopped
• 5 large eggs
• ½ cup skim milk
• ¼ teaspoon salt
• ¼ teaspoon pepper
• 1 teaspoon Dijon mustard
• ¾ cup sharp cheddar cheese, grated

Egg casseroles aren’t just for breakfast! Fill a crunchy baguette with egg, ham, spinach and cheese for an irresistibly delicious and easy dinner.

DIRECTIONS
1. Preheat oven to 350°F. Line a baking sheet with foil or parchment paper.
2. Cut a long well down the middle of the baguette. You want a good ¾-inch or more of bread left on all sides after cutting out the well. Place baguette on baking sheet.
3. Sprinkle ham and spinach evenly into the well.
4. In a large bowl, whisk together eggs, milk, salt, pepper, and mustard until combined. Pour carefully into the well over the ham and spinach. If you have leftovers, discard. You don’t want the eggs to overflow.
5. Sprinkle cheese evenly over the top of the eggs and bread.
6. Bake for 35-40 minutes or until eggs are no longer runny in the center of the “boat.”
7. Slice and enjoy immediately.

NOTES:
The mustard flavor is prominent, so if you’re not a mustard lover, decrease amount to 1/2 teaspoon.
INGREDIENTS
• 2 cups cooked sticky rice
• 3 ½ cups water
• ½ teaspoon salt
• 9-12 cloves garlic, chopped
• ¼ cup canola oil
• 4 eggs
• 2 tablespoons salted butter
• ¼ cup chopped fresh cilantro
• ¼ cup chopped green onions
• ¼ cup soy glaze

DIRECTIONS
Prepare sticky rice by soaking the rice and water in a medium saucepan for at least 30 minutes and up to 4 hours. Stir in the salt, then place on the stovetop over high heat. Bring to a boil, reduce the heat to medium-low and partially cover the pot with a lid set at a slight angle to vent some of the steam. Simmer without stirring for 10-15 minutes until all the liquid has been absorbed. Remove from heat and cover securely with the lid to steam the rice for another 10 minutes.

Add the oil and garlic to a small skillet, then place over medium heat. Cook, stirring frequently, just until the garlic begins to turn a light golden brown, about 3 minutes. Remove from heat immediately and transfer the garlic using a slotted spoon to a plate lined with paper towel to absorb excess oil.

Fry the eggs sunny-side up by melting butter in a non-stick skillet over medium heat. Crack the eggs into the pan, then immediately reduce the heat to medium-low. Cover with a tight-fitting lid and cook for 2½ to 3 minutes, just until the whites are set but the yolk is still runny and has not clouded over. Season with salt and pepper.

Pile 1 cup of sticky rice on each plate, then sprinkle with the crispy fried garlic, chopped cilantro, and green onions. Drizzle with soy glaze, then top each mound of rice with a sunny-side up egg. Serve immediately. The yolks will combine with the soy glaze to create a sort of sauce for the rice when you break up the egg with a spoon.
FIVE-STAR EGGSPERT DINNERS
**INGREDIENTS**

- ¾ cup riced broccoli
- ¾ cup shredded white cheddar (sub in your favorite cheese if preferred)
- ⅓ cup cooked bacon or bacon bits – plus additional for sprinkling
- 9 large eggs
- Splash of almond milk or water
- ½ teaspoon garlic powder
- ½ teaspoon salt & pepper
- Avocado (optional)
- Oil for spraying tin

**DIRECTIONS**

Preheat oven to 350°F. For the riced broccoli: wash and dry broccoli (include stalks too by peeling the outside so they are more tender), cut into small pieces, and load them into a food processor. Then pulse the processor until you have small bits of broccoli.

To a bowl, add the riced broccoli, cheddar, and bacon bits. Mix gently to combine. Spray a muffin tin liberally with your favorite oil spray. Then split the mixture evenly and spoon into the muffin tin.

Crack your eggs into a bowl and add the garlic powder, salt, pepper, and a splash of almond milk or water. Whisk until light and fluffy.

Then pour the mixture evenly into the muffin tin, over the top of your other ingredients. Sprinkle additional bacon bits on top, if desired.

Bake at 350°F for 20-22 minutes until eggs are puffed and cooked through. Let cool for 5 minutes before serving. The puffed eggs will relax back down as they cool. Add avocado slices for garnish if desired.

Great for tonight’s dinner and tomorrow’s breakfast, these egg muffins are healthy and delicious.
GREEN CHILE BAKED EGGS

INGREDIENTS
- 10 large eggs, beaten
- ½ cup all-purpose flour
- 1 teaspoon baking powder
- 1 pinch salt
- 1 7-ounce can green chili peppers, diced
- 16 ounces cottage cheese
- 1 cup cheddar cheese, shredded
- ¼ cup butter, melted

DIRECTIONS
1. Preheat conventional oven to 400°F.
2. Lightly grease a 9x13 pan.
3. In a large bowl, mix the eggs, flour, baking powder, and salt.
4. Stir in the green chili peppers, cottage cheese, cheddar cheese, and melted butter.
5. Pour mixture into the prepared baking pan.
6. Bake 15 minutes in the preheated oven.
7. Reduce heat to 325°F and continue baking for 35-40 minutes or until firm.
8. Cool slightly and cut into squares.

Spice up your weeknight dinner with this delicious dish.
NORTH AFRICAN BAKED EGGS
WITH CHICKPEAS & FETA

INGREDIENTS
• 1 28-ounce can whole fire roasted tomatoes
• 1 medium white onion, roughly chopped
• ¼ teaspoon red pepper flakes
• ½ teaspoon dried thyme
• ½ teaspoon cumin
• ¼ teaspoon cinnamon
• 1 teaspoon Kosher salt
• 1 15-ounce can chickpeas
• Crisp pita chips
• 2 tablespoons olive oil
• 4 6-inch pitas, cut into strips
• Salt as desired
• 12 large eggs
• 1 cup crumbled feta cheese
• ½ cup fresh parsley, minced

Add a North African twist to your next dinner with this creative egg dish that can be on the dinner table in less than an hour.

DIRECTIONS
1. Preheat oven to 450°F.
2. Add the tomatoes, onion, spices and salt to a blender jar and blend until smooth. Pour sauce into a 12-inch skillet and add in chickpeas. Bring to a simmer and let cook for 10-15 minutes until sauce has slightly reduced.
3. Meanwhile, brush a baking sheet with olive oil. Place the pita strips in a single layer, brush with the rest of the olive oil and sprinkle with salt. Bake for 6-7 minutes, remove and brush the other side of the pita strips with olive oil and salt until crispy and golden brown. If the strips are still not crispy, broil them for a couple minutes, but watch them closely. Remove from the oven and preheat the broiler.
4. Once the sauce has thickened, remove from the heat. Crack the eggs individually into the pan, distributing them as evenly as possible. Return to heat, cover pan, and simmer for about 10-12 minutes, until the whites are nearly, but not completely opaque. Sprinkle the surface with the feta cheese and place under the broiler for 2 minutes, just until the cheese is blistered and bubbly.
5. Top with the broken pieces of pita and fresh parsley. Let it set for 10-15 minutes and serve.
INGREDIENTS
• 1 pound lean ground turkey
• 1 small onion, chopped
• ½ cup celery
• ½ cup chopped green pepper
• 1 can condensed tomato soup
• ½ cup ketchup
• 2 tablespoons prepared mustard
• 1 tablespoon light brown sugar
• ½ teaspoon salt
• ¼ teaspoon pepper
• 8 large eggs
• 8 hamburger buns, split
• 8 slices mozzarella cheese

DIRECTIONS
In large skillet, cook the turkey, onion, celery and green pepper over medium heat until meat is no longer pink; drain. Stir in soup, ketchup, mustard, brown sugar, salt and pepper.

Simmer mix for 3-5 minutes until slightly thickened. (Optional: put in crockpot on low for four hours instead of simmering.)

Melt butter in pan on medium heat. Cook eggs to desired doneness.

Divide turkey mixture onto hamburger buns. Top with cheese and fried eggs.

Add a fried egg to this homemade classic recipe for an added punch of protein that the whole family will love.
INGREDIENTS

- ½ of a 15-ounce package (1 crust) rolled, refrigerated pie crust
- 12 ounces assorted tomatoes, cut into ¼-inch-thick slices
- 1 tablespoon butter
- ½ cup chopped onion
- 4 large eggs
- ¾ cup half-and-half
- 3 tablespoons all-purpose flour
- 1 tablespoon snipped fresh basil (or 1 teaspoon dried basil)
- ¼ teaspoon dry mustard
- ⅛ teaspoon ground black pepper
- ½ teaspoon salt
- 1 cup shredded Swiss, cheddar, Monterey Jack, and/or Havarti cheese (4 ounces)
- Paprika

Looking for a lighter comfort food option for the family? This tomato and onion quiche is easy and flavorful.

DIRECTIONS

Preheat oven to 425°F.

Let pie crust stand at room temperature according to package directions. Unroll pie crust into a 9-inch pie plate. Crimp edge as desired. Line un-pricked pastry with a double thickness of foil. Bake in a 425°F oven for 8 minutes. Remove foil. Bake for 4 to 5 minutes more or until pastry is set and dry. Remove from oven. Reduce oven temperature to 375°F.

Place tomato slices on paper towels to absorb excess moisture. In a small skillet, melt butter over medium heat. Add onion. Cook until onion is tender, stirring occasionally.

In a medium bowl, whisk together eggs, half-and-half, flour, basil, salt, dry mustard and black pepper.

To assemble quiche: Sprinkle cheese onto bottom of the hot, baked pastry shell. Spoon onion mixture over cheese. Arrange a single layer of tomato slices over cheese, overlapping slightly. Slowly pour egg mixture over tomatoes. Sprinkle some paprika over the mixture.

Bake, uncovered, for 35 to 40 minutes or until egg mixture is set in center. If necessary, cover edge of pie with foil for the last 5 to 10 minutes of baking to prevent overbrowning. Let stand 10 minutes before serving.
ITALIAN EGG BAKE

INGREDIENTS
- 1 pound ground Italian sausage
- 2 medium sweet potatoes (approx. 2 – 2 ½ cups), peeled
- 1 green pepper, diced
- 1 red pepper, diced
- 6 large eggs
- ½ cup milk
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ cup Asiago cheese
- ½ cup Parmesan cheese
- Salt and pepper for seasoning to taste

DIRECTIONS
Preheat oven to 350°F.

1. In a medium size pan, on medium-high heat; cook sausage, stirring frequently and breaking the meat apart with a spoon, 4 to 5 minutes, or until lightly browned. Carefully, drain excess grease, leaving 1 tablespoon to cook sweet potatoes. Transfer cooked sausage to a bowl; cover with foil to keep warm. Wipe out the pan.

2. Cube sweet potatoes into bite-sized pieces, approximately ¼-inch. In the same medium size pan with saved 1 tablespoon grease, sauté sweet potatoes until soft, about 15 minutes.

3. Add the sweet potatoes and diced peppers to the bowl with the cooked sausage; stir to combine. Pour combined sausage, sweet potatoes and peppers into a 9x13 baking dish and top with Asiago and Parmesan cheese.

4. In a medium-size bowl, whisk together eggs, milk, garlic powder, onion powder, salt, and pepper. Pour egg mixture evenly over sausage mixture.

5. Bake for 45 minutes, or until the eggs are cooked throughout.

This simple recipe can be prepped in advance and modified to feed families of all sizes.
**B.E.L.T. PIZZA**

**INGREDIENTS**
- 1 store-bought baked thin-crust pizza shell, preferably whole-wheat (such as Boboli)
- ½ cup, plus 1 tablespoon ranch salad dressing
- 1 cup shredded low-fat mozzarella cheese
- 3 ounces cooked bacon, diced
- ½ cup cherry or pear tomatoes, halved
- ½ cup grated Parmesan cheese
- 4 large eggs
- 1 cup lettuce (iceberg, romaine, spring greens, etc.)

**DIRECTIONS**

1. Preheat oven to 450°F.
2. Place the pizza shell on a cookie sheet or pizza pan.
3. Spread ½ cup of the ranch salad dressing on the crust and evenly distribute mozzarella cheese, bacon and tomatoes. Sprinkle Parmesan evenly over the pizza. Crack eggs onto the pizza, positioning one egg on each pizza quarter.
4. Bake for 12-15 minutes, until egg whites are just fully cooked. Allow to slightly cool.
5. Toss the lettuce with the remaining salad dressing. Season with salt and pepper to taste. Garnish pizza with lettuce and additional cherry tomatoes. Cut into 4 large pieces.

**NOTES:**
- **TIP:** Crack the egg into a small bowl and then gently pour/place the egg on the pizza. Make a small well in the toppings to help “hold” the egg in place. Repeat for a total of four eggs.
- Oven temperatures vary, check the pizza often to avoid over cooking the eggs. Bake until the eggs reach your preferred doneness.

**A mouthwatering twist on the classic combination of bacon, lettuce and tomato.**
INGREDIENTS

- 4 eggs
- 1 teaspoon sesame oil
- 2 teaspoons peanut oil (in a pinch, canola oil will do) or cooking spray
- 2 cups total of chopped or thinly sliced veggies: carrots, celery, green onions, bamboo shoots, water chestnuts, Napa cabbage, bean sprouts – drain canned veggies well
- ½ cup lean, cooked ham, diced (or cooked, shredded chicken or pork)
- Cooking spray
- Green onions, sliced for garnish
- Serve with Sweet Chili/ Peanut sauce

This Asian-inspired recipe is similar to an omelet, but rather folded, it is topped with your sauce of choice and can be enjoyed for lunch and dinner.

DIRECTIONS

In medium bowl, beat eggs and sesame oil. Set aside.

In a non-stick skillet over medium-high heat, heat peanut oil enough to sizzle a drop of water. Add veggies and meat of choice and stir-fry 1-2 minutes, until veggies just soften and are hot. Add veggies and meat to the beaten eggs.

Evenly coat same pan with cooking spray. Heat to medium-high heat until hot enough to sizzle a drop of water. Spoon about ½ cup of the egg mixture on hot pan, pushing fluid edges toward center to keep the omelet about 5 inches in diameter. Cook until almost set and lightly brown on bottom (1 ½ - 2 minutes), then flip to cook second side, about ½ to 1 minute longer. Slip patty onto platter (keep warm in 200°F oven) while making the remaining patties.

Wipe pan; re-spray; re-heat; make an additional patty. Repeat, making four patties.

Garnish with green onions. Serve with Asian sauce of choice and a side of Jasmine rice.

NOTES: For a sauce, we combined store bought Sweet Chili Sauce and peanut butter (2 parts), heated in the microwave.
ARUGULA SALAD WITH POACHED EGG

INGREDIENTS
- 1 cup arugula
- 2 radishes, sliced thin
- 2 large eggs
- Black pepper
- Chives

A perfectly poached egg on a bed of fresh arugula, tossed with a light dressing of your choice.

DIRECTIONS
1. Fill saucepan with 2-3 inches of water and bring to a moderate simmer.
2. Crack each egg into its own individual cup and add the egg all at once to the simmering water. Add the other egg. Simmer for 3-5 minutes, depending on the desired doneness.
3. Prepare a bed of arugula on each plate and add the shaved radish. Toss with a light lemon vinaigrette or any other favorite dressing.
4. Immediately top with the poached egg and chives.

Serves 2
10 minutes
Stove Top

Preparation:
5 mins. Preparation • 1 mins. Cook/bake
MILE HIGH EGGS

INGREDIENTS
- ½ large jalapeño, diced
- 1 small onion, finely diced
- 1 teaspoon olive oil, depending on the pan
- ½ teaspoon ground cumin
- ¼ teaspoon chili pepper
- 14.5-ounce can fire-roasted diced tomatoes with juice (do not drain)
- 1 15-ounce can black beans, rinsed and drained well
- 1 4-ounce can diced green chilies
- 6 large eggs
- 2 ounces Colby Jack cheese, shredded
- Whole wheat/corn tortillas for serving
- Chopped cilantro or chives for garnish, if desired
- Sour cream or Greek yogurt for garnish, if desired

This protein-packed skillet recipe adds a southern twist to traditional eggs.

DIRECTIONS
1. Preheat conventional oven to 450°F.
2. Heat olive oil in a pan with deep sides and sauté onions and jalapeños for 2 minutes. Add ground cumin and chili pepper and sauté 2-3 minutes more. Add diced tomatoes with juice, black beans, and diced green chilies to the pan and let cook at very low simmer for 15-20 minutes, or until the mixture is slightly thickened.
3. Using the back of a spoon, make an indentation in the mixture, and crack an egg into the little pocket. Repeat around the pan with all eggs. Spoon the rest of the mixture around eggs, avoiding the yolk.
4. Place ovenproof skillet in the oven for about 5 minutes, or until the eggs are starting to look set, but are still fairly wet looking. Remove and change oven to broil.
5. Sprinkle cheese over the top and place under broiler for 1-3 minutes, or until the cheese has melted.
6. Cook until egg yolk has reached desired doneness.
7. Serve hot, with whole wheat flour/corn tortillas to dip into egg. Also good served with salsa and sour cream or Greek yogurt on top.
INGREDIENTS

- 9 whole wheat lasagna noodles
- ½-pound ground sausage
- ½ teaspoon garlic powder
- ½ teaspoon garlic salt
- Salt and ground pepper, to taste
- 4-6 large eggs, scrambled
- ½ cup mushrooms, chopped
- 16 ounces cottage cheese
- 2 large eggs
- ½ cup Parmesan cheese, shredded
- 1 can diced tomatoes
- 1 cup cheddar cheese, shredded
- 1 cup mozzarella cheese

Add scrambled eggs to delicious lasagna for a protein-packed twist.

DIRECTIONS

Preheat oven to 350°F.

1. Fill a large pan with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, add the lasagna noodles a few at a time, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 10 minutes. Remove the noodles to a plate.

2. Scramble 4-6 eggs and mushrooms together and when done set aside in a bowl.

3. Place the ground sausage into a skillet over medium heat, add the garlic powder, garlic salt, and salt and ground pepper into the skillet. Cook the meat, chopping it into small chunks as it cooks, until no longer pink, about 10 minutes. Drain excess grease.

4. In a bowl, mix the cottage cheese, 2 eggs, and Parmesan cheese until thoroughly combined.

5. Place 3 noodles side by side into the bottom of a 9x13 inch pan; top with a layer of the diced tomatoes, a layer of sausage, a layer of eggs and mushrooms, and a layer of the cottage cheese mixture. Repeat layers twice more, ending with a layer of tomatoes. Sprinkle top with shredded cheddar and mozzarella cheese. Cover the dish with aluminum foil.

6. Bake in the preheated oven until it is bubbling and the cheese has melted, about 30 minutes. Remove foil and bake until cheese has begun to brown.

7. Allow to stand at least 10 minutes before serving.

8. If desired, add a slice of chilled avocado on top when serving.
LINGUINE CARBONARA

Serves: 4-6
30-35 minutes
5 mins. Preparation • 25-30 mins. Cook/bake
Stove Top

INGREDIENTS
• 1 pound uncooked linguine
• 8 bacon slices, cut into 1-inch pieces
• 2 garlic cloves, minced
• ½ cup milk
• ⅛ teaspoon black pepper
• ⅛ teaspoon salt
• 3 large eggs, plus 2 egg yolks
• 1 cup grated Parmesan cheese, plus additional available for topping
• 2 tablespoons fresh chopped parsley
• 1 cup frozen peas (thawed)

Pasta, bacon, eggs and veggies blend together nicely in this popular Italian dish. Serve with bread and this complete dinner is on the table in less than 30 minutes.

DIRECTIONS

Cook linguine in large pan of boiling water. Reserve ¼ cup pasta water; drain pasta.

Cook bacon in large skillet until crisp. Remove bacon from pan; reserving drippings in pan. Sauté garlic for one minute.

Whisk milk, pepper, salt, eggs and cheese in a bowl. Drizzle in reserved ¼ cup pasta water, stirring constantly with whisk. Add pasta to egg mixture; toss until pasta is well coated. Add egg/pasta mixture to bacon drippings. Place pan over low heat; cook 2 minutes until liquid begins to thicken, stirring constantly. Fold in bacon and parsley. Serve immediately with additional Parmesan.
SALAD DRESSING
INGREDIENTS
• 1-½ cups light salad dressing
• ¼ cup lemon juice
• 2 tablespoons sugar
• ¼ - ½ teaspoon seasoned salt
• ¼ teaspoon black pepper

PASTA SALAD
INGREDIENTS
• 16 ounces bow-tie pasta
• ½ cup frozen peas, cooked
• 2 cups cooked turkey, cubed
• ¼ cup chopped celery
• ¼ cup chopped green pepper
• 1 bunch green onions, finely chopped
• 6 large hard-cooked eggs, peeled and thinly sliced

This hybrid of egg salad and pasta salad is perfect for family dinners and packed lunches.

SALAD DRESSING DIRECTIONS
In a small mixing bowl, beat all ingredients together until sugar is dissolved and mixture is smooth.
Cover and refrigerate.

PASTA SALAD DIRECTIONS
Cook pasta according to directions on the box. Rinse with cold water and place in a large mixing bowl.
Cook peas according to directions on the package. Rinse with cold water and add to drained pasta.
Stir in turkey, celery, green peppers, green onions and eggs.
Pour salad dressing over pasta and stir until moistened. Cover and chill in refrigerator for up to two hours prior to serving.
STUFFED PEPPERS
WITH EGG TOPPERS

INGREDIENTS
• 3 large red, green or yellow bell peppers
• ¾ pound ground beef
• 1 tablespoon butter
• 1 tablespoon olive oil
• 1 tablespoon minced garlic
• 1 medium sweet onion, chopped
• 4 ounces baby Bella mushrooms, sliced
• ¼ cup beef stock
• 2 slices, Muenster cheese, cut in half
• 6 large eggs
• ¼ cup Mozzarella, shredded
• 2 tablespoons fresh parsley, chopped (optional)
• Salt and pepper for seasoning to taste

DIRECTIONS
1. Preheat oven to 400°F.
2. Slice the peppers in half and remove the membranes.
3. In a medium-size pan, brown ground beef; season with salt and pepper. Cook, stirring frequently and breaking the meat apart with a spoon, 4 to 5 minutes, or until lightly browned. Carefully drain off and discard any excess oil. Transfer to a bowl; cover with foil to keep warm. Wipe out the skillet.
4. In the same medium-size pan on medium heat, heat the butter and oil until hot. Add garlic, salt and pepper; sauté 1 minute. Add onions and mushrooms; cook for additional 5-10 minutes. Return the cooked hamburger to the pan. Add beef stock to the mixture and cook an additional 5 minutes until heated throughout.
5. Place a slice of Muenster cheese in the bottom of each pepper then fill with the meat mixture.
6. Place stuffed pepper in a 9x13 baking dish and bake for 10 minutes. Remove from oven and make 6 small divots in hamburger with spoon; crack egg into each divot. Place back in oven and bake for an additional 10 to 12 minutes or until egg whites are set and yolks are cooked to desired doneness. Sprinkle Mozzarella cheese on top of each egg, return to oven and bake until the cheese is melted and browned slightly, an additional 5 minutes. Sprinkle with parsley and serve.
INGREDIENTS
• 2 cups marinara sauce
• 1 15.5-ounce can cannellini beans, drained and rinsed
• 9-ounces cooked turkey sausage, crumbled
• 6 large eggs
• ¼ cup torn basil leaves
• ¼ cup chopped parsley
• Salt and black pepper
• Olives, optional garnish

This single skillet dish is fast, easy and egg-cellent for a busy weeknight.

DIRECTIONS
In a large skillet, combine marinara, beans, and turkey sausage. Bring to simmer, heating thoroughly.
Make 6 wells in the bean/sausage mixture. Crack an egg into a small bowl and gently slide it into the well. Repeat for the remaining 5 eggs. Season the eggs with a bit of salt and pepper.
Cook covered over medium heat 3-5 minutes for slightly runny yolks. Cook longer for firm, set yolks.
Garnish with basil and parsley. Add olives, if desired.
INGREDIENTS

- 8 large eggs
- 1 tablespoon butter or margarine
- 1 10.5-ounce can of chili (no beans)
- ½ cup Mexican cheese blend
- 1 cup corn chips, broken
- Serve with salsa, sour cream, and cilantro

Virginians love their tacos and this recipe takes it up a notch to make a panful that feeds the family.

DIRECTIONS

- Preheat oven to 350°F.
- Heat a 10” non-stick oven proof over medium heat. Melt butter or margarine, coating the skillet.
- Pour in eggs and swirl around to coat the bottom and bringing up the heat just a bit to medium high. Gently bring eggs to center to help them cook. Once nearly cooked, remove from heat and distribute chili on top then sprinkle on cheese.
- Bake in oven for 8-10 minutes or until eggs are fully cooked, chili heats through and the cheese is melted. Alternatively, cover the pan after adding the chili and cheese and cook on medium heat on the stove top, until eggs are done, chili heats and cheese is melted.
- Remove from oven; sprinkle on the corn chips. Top with salsa, sour cream and cilantro.
- Cut into four wedges and enjoy.
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