

# 8 Egg Recipes for Healthy Eating





**8 Egg Recipes for Healthy Eating**

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Special thanks to our bloggers

who contributed photos for the cover of this eCookbook:

**Val from Val So Cal**

&

**Kevin Lynch from Closet Cooking**



## Letter from the Editors

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Dear Healthy Cooking Enthusiast:

Let's be honest with ourselves here – we all could stand to eat better-for-you foods. It is often too easy to cheat on our healthy eating habits because of the abundance of tasty unhealthy food items that constantly surround us throughout the year. If you feel too overwhelmed with all the unhealthy foods that come around, then know that help is on the way!

This fantastic eCookbook from FaveHealthyRecipes.com, ***8 Egg Recipes for Healthy Eating***, provides you with the quick and easy recipes you will need to keep your weight-loss goals a reality this year. Thanks to this definitive collection of delicious egg recipes, maintaining your diet has never been easier.

The free eCookbook contains only top-notch healthy weight-loss recipes, including recipes for quiches, frittatas, omelets and others. Regardless of your reason for wanting healthy recipes, know that this list has dishes that you are sure to devour.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are inspired by the upcoming Spring season. Make one or make several, and discover the delights that can be found cooking with your family!

For additional healthy recipes, be sure to visit [FaveHealthyRecipes.com](http://www.FaveHealthyRecipes.com). While you're there, [subscribe to our free healthy recipes newsletter](#), to get free recipes delivered to your inbox every week.

Enjoy all of these easy egg recipes!

Sincerely,

*The Editors of FaveHealthyRecipes*

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## Egg Recipes

### Cheesy Eggs in a Hole

By: [Val from Val So Cal](#)

Breakfast can be a simple bowl of boxed cereal, or a simple Cheesy Eggs in a Hole recipe. We prefer the latter. With more protein than boxed cereal, this recipe will help keep you fuller longer

#### Ingredients

- 2 eggs
- 2 slices of bread
- 2 tablespoons butter
- salt and pepper
- 1 to 2 tablespoons of parmesan cheese
- thyme, basil and parsley -a sprinkle of each
- cookie or biscuit cutter

#### Instructions

1. Preheat skillet, add butter and melt.
2. Place bread in pan and crack eggs and place in each hole. Cook on one side and flip.
3. Add spices and parmesan cheese.
4. Serve with fresh fruit, coffee, juice and the morning paper!



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## Apple Cheddar Quiche

By: [Kevin Lynch from Closet Cooking](#)

One of the best things about making a quiche is that it can be an easy make-ahead meal. They are great for breakfast because there are usually a lot of leftovers that can be reheated easily and still taste fabulous.

### Ingredients

- 2 large apples (cored and cut into bite sized chunks)
- 1 cup apple cider
- 4 strips bacon (cut into 1 inch pieces)
- 6 sheets phyllo (thawed as directed on package)
- 1/4 cup olive oil
- 1/2 teaspoon rosemary (chopped)
- 1 cup strong cheddar (grated)
- 4 eggs (lightly beaten)
- 1 cup half and half



### Instructions

1. Simmer the apple slices in the cider until they just start to turn tender, about 3-5 minutes, remove and set them aside.
2. Simmer the remaining cider to reduce to about 2 tablespoons.
3. Meanwhile, cook the bacon in a pan and set aside.
4. Brush a sheet of phyllo pastry with the olive oil and fit it into the bottom of a greased 9 inch pie dish or springform pan with the ends hanging over the side of the pan and repeat with the remaining sheets placing them on top.
5. Toss the apple slices in the reduced cider and spread them out over the bottom of the pan.
6. Sprinkle the bacon, rosemary and cheddar cheese on top of the apples.
7. Mix the eggs and half and half, pour into the pan and fold the edges of the phyllo dough that is hanging over the sides.
8. Bake in a preheated 375F oven until golden brown and set in the center, about 25-45 minutes.



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## Low-Carb Denver Omelet Muffins

By: [Kent Altena from Atkins Diet Geek](#)

Replicate the flavors of a classic Denver omelet in the form of a basic muffin recipe with this Low Carb Denver Muffins recipe.

### Ingredients

- 1/2 medium onion
- 1/2 red pepper
- 1/2 green pepper
- 4 ounces ham
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 8 large eggs
- 1/2 cup cream
- 4 ounces cheddar cheese, shredded
- 1/3 cup almond flour (omit on Induction)
- 1 teaspoon dried parsley

### Instructions

1. Preheat oven to 350 degrees F.
2. In a large skillet, add some butter, the onion, green pepper, red pepper, salt, and black pepper. Cook until tender. Reduce heat once veggies are tender, and add ham.
3. In a large bowl, add eggs. Beat lightly. Add cream, cheese, almond flour, and parsley. Beat the ingredients together.
4. Spray a muffin tin well with cooking spray. Pour egg mixture into each hole, and then add ham / veggie mixture to each muffin hole. Push ham under the surface.
5. Bake for 12 to 15 minutes until the eggs are set.



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## Broccoli Cheddar Quiche with Brown Rice Crust

By: [Kevin Lynch from Closet Cooking](#)

Wake up to a delicious morning with a slice of this Broccoli and Cheddar Quiche with a Brown Rice Crust. Broccoli and Cheddar cheese are a classic quiche recipe pairing, and you'll for sure love the rice crust.

### Ingredients

- 2 cups cooked brown rice
- 1/4 cup cheddar cheese, finely grated
- 5 eggs
- 1 cup milk
- 2 cups broccoli, cut into bite sized pieces and blanched
- 1 cup sharp cheddar cheese, grated
- 4 green onions, sliced
- 1 pinch nutmeg (optional)
- Salt and pepper, to taste

### Instructions

1. Mix the rice, finely grated cheese and one egg in a bowl. Press the rice mixture into a pie plate, about 1/4-inch thick.
2. Bake in a preheated 450 degree F oven until the edges and bottom just start turning golden brown, about 5 to 7 minutes.
3. Mix the remaining eggs, milk, broccoli, sharp cheddar cheese and green onions in a bowl and season with salt and pepper. Pour the egg mixture into the pie crust.
4. Bake in a preheated 375 degree F oven until golden brown and set in the center, about 30 to 35 minutes.



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## Chicken and Vegetable Frittata

This Chicken and Vegetable Frittata is full of protein and vegetables to start your day right. Change up the vegetables to include whatever you have in the refrigerator every time you make it or just use your favorites!

### Ingredients

- 1 cup broccoli florets
- 3/4 cup fresh mushrooms, sliced
- 2 green onions, finely chopped
- 1 tablespoon margarine or butter
- 1 cup cubed fully cooked chicken, with skin and excess fat removed
- 8 eggs, or 16 egg whites
- 1/4 cup water
- 1/4 cup Dijon mustard
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon garlic salt
- 1 1/2 cups (6 oz.) low-fat Cheddar cheese, shredded
- 1/2 cup tomatoes, chopped

### Instructions

1. In a skillet, saute the broccoli, mushrooms and onions in butter until tender.
2. Add chicken; heat through. Remove from the heat and keep warm.
3. In a mixing bowl, beat eggs, water, mustard, Italian seasoning and garlic salt until foamy. Stir in cheese, tomatoes and broccoli mixture.
4. Pour into a greased shallow 1 1/2 quart baking dish. Bake at 375 degrees F for 22-27 minutes, or until a knife inserted in the center comes out clean.





## Bedeviled Eggs

By: [Kent Altena from Atkins Diet Geek](#)

For a unique take on the classic deviled eggs recipe, try out these Bedeviled Eggs. Featuring bacon and Cheddar cheese, these easy deviled eggs make for one of the tastiest low carb snacks around. Serve this at your next party.

### Ingredients

- 10 eggs, hard-boiled
- 4 slices bacon
- 1/2 cup mayonnaise
- 1 ounce Cheddar cheese, shredded
- 1 teaspoon hot sauce
- 1 dash cayenne pepper

### Instructions

1. Place eggs in a saucepan, and cover with cold water. Bring water to a boil and immediately remove from heat. Cover, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and cool. To cool more quickly, rinse eggs under cold running water.
2. Place bacon in a skillet. Cook over medium-high heat until evenly brown. Crumble and set aside.
3. Peel the hard-cooked eggs, and cut in half lengthwise. Remove yolks to a small bowl. Mash egg yolks with mayonnaise, crumbled bacon, hot sauce, cayenne pepper, and cheese. Stir in mustard. Fill egg white halves with the yolk mixture and refrigerate until serving.



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## Caramelized Pear and Cheese Quiche

By: [Kevin Lynch from Closet Cooking](#)

Caramelized Pear and Cheese Quiche is royally delicious. This one takes time people, so set aside about an hour to make this one pot meal and impress the heck out of your guests. It blew us away.

### Ingredients

- 1/4 cup pancetta or bacon, diced
- 1 large shallot, diced
- 1 tablespoon butter
- 1 tablespoon brown sugar
- 2 pears, cored and sliced into bite sized pieces
- 4 eggs, lightly beaten
- 1 cup half and half
- 1/2 teaspoon thyme
- 1/2 cup gorgonzola or other blue cheese, crumbled
- 1 pre-baked walnut butter pie crust

### Instructions

1. Cook the pancetta and shallot in a pan.
2. Add the butter and let it melt.
3. Add the sugar and cook until bubbly, about 3 minutes.
4. Add the pear and saute until tender, about 3-5 minutes.
5. Mix the pears, eggs, half and half, thyme and gorgonzola and pour it into the pre-baked pie crust.
6. Bake in a preheated 375F oven until golden brown on top and set in the center, about 25-45 minutes.



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**Thanks to all the bloggers who helped make this eCookbook possible!**



[Kevin Lynch from Closet Cooking](#)

"I had never really paid all that much attention to food and eating was just something that needed to be done. That all changed a few years ago when I came to realize that my meals were boring and that I had been eating the same few dishes over and over again for a long time. I had had enough and it was time for change! I dove head first into cooking and the world of food and to my surprise, I found that I really enjoyed it! Since then cooking has become my passion and my obsession in my quest to never eat a boring meal again!"



**Atkins Diet Geek Blog**  
Atkins Diet Success Story and Low Carb Recipes

[Kent Altena from Atkins Diet Geek](#)

"In starting a low carb diet 7 years, I rediscovered my love to be creative in the kitchen. With most commercially prepared foods being off-limits, I initially didn't know what to make, and I re-create a lot of old comfort foods in ways acceptable to Atkins. With foods like Buffalo wings, low carb quiches, and rich desserts, it was impossible to feel deprived on this diet. After losing 210 pounds on this diet, I now make low carb cooking videos on YouTube. My goal was to help people just starting the diet know what to eat and ease their start of weight loss journey."



[Val from Val So Cal](#)

"I'm a recipe developer, food blogger and writer. Photography is a passion of mine. I'm also very sarcastic, I drink entirely too much coffee, self-proclaimed carbaholic, if there was a Target anonymous group ... I'd have to join!! Welcome, I hope you enjoy what you see and maybe get inspired by some of it."

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