

12 Great Ways to Use...

Eggs

Packed with protein, eggs are a staple in the Mediterranean Diet. They're easy to find, easy to keep on hand in the refrigerator, economical, nutritious, and versatile. One large egg contains about 70 calories, 5 grams of fat and 6 grams of protein. The yolk, which has nearly 50% of the egg's protein, is a source of vitamin D and many other vitamins and minerals, so unless you are on a restricted diet, eat the entire egg, as many as one a day. Here are 12 delicious ways to enjoy this egg-cellent food:

- 1.** Scramble or fry an egg in olive oil. Place on one side of a whole wheat English muffin and sprinkle the other side with shredded cheese. Add sliced tomatoes and/or avocados.
- 2.** Sauté onions, tomato, and olives in olive oil. Then, beat 2 eggs with a bit of feta cheese, add to the vegetables in the skillet, cover, and cook for about 5 minutes, or until the eggs are set.
- 3.** Mash hummus, avocado, or Greek yogurt with egg yolks to make a healthy filling for deviled eggs. Add olives to jazz it up even more!
- 4.** Mix spinach, broccoli and diced peppers with several beaten eggs. Pour the mixture into muffin tins coated with olive oil and bake at 350°F for 20 minutes for a healthy, crustless mini-quiche.
- 5.** Spice up your egg salad! Chop hardboiled eggs, capers, jalapenos, and pickles and toss with olive oil and vinegar or a mustard vinaigrette.
- 6.** Bake whole-wheat pizza dough for 8 minutes at 500°F. Spread sautéed shallots and asparagus (cut into 2- inch pieces) over the dough. Whisk 2 eggs and pour on the top of the vegetables. Sprinkle with goat cheese and bake for approximately 8-10 minutes until the eggs are set and the cheese is melted.
- 7.** Add cooked scrambled eggs to tortillas or stuff into pita pocket sandwiches for an extra protein boost.
- 8.** Combine corn, red onion, grape or cherry tomatoes, arugula, beans (white, red, or garbanzo) with halved hard-boiled eggs and splash with lemon juice and olive oil for a colorful, filling salad.
- 9.** Sauté garlic in extra-virgin olive oil, add cooked pasta, and top with several eggs beaten with grated Parmesan cheese. Cook, tossing gently, until the eggs are hot and set.
- 10.** Add leftover rice to diced vegetables sautéed in olive oil, stir, and add two beaten eggs. Continue stirring until the eggs are set.
- 11.** For an easy protein-packed meal, toss cannellini beans, hard-boiled eggs, olives and arugula with lemon vinaigrette.
- 12.** For a quick breakfast, lightly coat a mug with cooking spray, add one egg and one tablespoon milk, beat together and microwave on high for 45 seconds. Stir, microwave for another 35-40 seconds (or until set), add cheese and season with salt and pepper.



Learn more about the healthy food choices at www.oldwayspt.org.