

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.

