



IOWA EGG COUNCIL

Eggceptional Recipes



Eggchilada

- 2 eggs
- 2 tablespoons salsa
- 1 large flour tortilla
- 2 tablespoons shredded cheddar cheese

Beat eggs and pour into a non-stick skillet over medium heat. As eggs begin to set, gently draw a pancake turner across the bottom of the skillet forming large soft curds. Cook until eggs are thickened, but still moist. Fold in salsa and cheese. Spread egg mixture down center of tortilla. Roll tortilla around eggs. Garnish with salsa and sour cream, if desired.



Pizza Eggburger

- 1 teaspoon margarine
- 1 hamburger bun
- 1 tablespoon mozzarella cheese
- 1 egg
- 2-3 slices of pepperoni
- 1 tablespoon pizza sauce

Heat margarine in small skillet over medium heat. Break and slip egg into pan. Break yolk, if desired. When egg is set but still moist on top, add slices of pepperoni. Turn egg over and sprinkle with cheese. Cook until cheese is melted. Open bun, spread with pizza sauce, and top with cooked egg.



Eggs in a Pocket

- 4 eggs
- 1/3 cup onion, chopped
- 1/3 cup green pepper, chopped
- 2 whole wheat pita bread shells, halved
- Salsa, optional
- 1/4 cup skim milk
- 1/3 cup red pepper, chopped
- 2 teaspoons dry mustard
- 1/2 cup reduced fat cheddar cheese

Whisk together eggs, milk, onion, red pepper, green pepper, and mustard. Heat 10-inch skillet to medium high heat and pour egg mixture into pan. Scramble eggs until firm but still moist. Just before eggs are set, add cheese and warm until melted. Serve in the pita pocket.

EGGS are....

- G**ood for any meal.
- G**reat for snacks, too.
- S**uper easy to cook!



recipes