



EGGcellent

Ways to Eat Eggs



Be a kitchen EGGSPLOER and check out these EGGSTREMELY awesome ways to make eggs for breakfast, lunch and snacks. Ask a grown-up to help you choose ingredients and cook your creation. You'll find all the directions you'll need EGGSPAINED below. So, get crackin' and have an EGGCITING time eating eggs in new ways!



Fried Egg in a Window

INGREDIENTS

Toast and egg

HOW TO

Using a cookie cutter, cut a shape in the toast. Crack an egg into a bowl. Place the toast in a heated nonstick pan, then pour the egg into the cut-out shape. Cook until the egg white is almost set, then use a wide spatula to flip over the toast-and-egg and cook for about 30 seconds. Add a little black pepper, if you'd like!



Deviled Egg Chicks

INGREDIENTS

Hard-cooked eggs, deviled egg recipe ingredients, raisins and orange pepper

HOW TO

Make zigzag cuts in the cooked eggs to separate the halves and remove the yolks. Using your favorite deviled egg recipe, mix the yolks and other ingredients until creamy. With a spoon, scoop the deviled-egg mixture into the bottom of each egg, creating a rounded mound on top. Place the egg top on each chick, then add raisin pieces for eyes and pepper triangles for noses.

Hard-Cooked Egg Stacker

INGREDIENTS

Hard-cooked egg, Cheddar cheese slice and crispy bacon

HOW TO

Cut the hard-cooked egg in half lengthwise. On one egg half, stack the cheese and bacon, then top with the remaining egg half.



Omelet Pizza

INGREDIENTS

Eggs, ready-made 8" pizza crust, fresh veggie toppings and sour cream

HOW TO

Beat eggs in a small bowl, then pour into a heated nonstick pan. When the top surface of the eggs is thickened and no uncooked egg remains, use a wide spatula to flip over the omelet to cook the other side. Slide the omelet out of the pan and onto the pizza crust, then top with fresh veggies. Add a dollop of sour cream, then cut the omelet pizza into wedges.



Cloud Eggs

INGREDIENTS

Eggs, crispy bacon pieces, grated Parmesan cheese, parchment paper and baking sheet

HOW TO

Preheat oven to 450°. Separate egg whites from yolks, placing egg whites in a large bowl and yolks in a small bowl. Using a hand mixer, beat egg whites until stiff peaks form, which takes about 3 minutes. Fold in bacon and cheese, working gently to keep the egg whites from deflating. Spoon mounds of egg whites onto a parchment-lined baking sheet, then indent the center of each egg cloud. Bake for 3 minutes until slightly golden in color. Spoon one egg yolk into the center of each egg cloud and bake for 3 more minutes.



Scrambled Egg Tacos

INGREDIENTS

Scrambled eggs, cooked sausage crumbles, sautéed peppers and tortillas

HOW TO

In a bowl, toss together the scrambled eggs, sausage crumbles and peppers. Fill the tortillas with the mixture.

