



CATEGORIES

- Advertising (10372)
- Advice (14214)
- Affiliate Programs (4491)
- Art and Culture (5060)
- Automotive (12243)
- Blogs (3030)
- Boating (605)
- Books (726)
- Business (52763)
- Business News (1024)
- Business
- Opportunities (3606)
- Camping (1060)
- Career (5581)
- Christian (2947)
- Collecting (890)
- Communication (14186)
- Computers (10265)
- Construction (756)
- Consumer (5511)
- Cooking (1548)
- Copywriting (660)
- Crafts (1407)
- Cuisine (702)
- Current Affairs (2109)
- Dating (5582)
- EBooks (1668)
- E-Commerce (5520)
- Education (10001)
- Electronics (4847)
- Email (635)
- Entertainment (13951)
- Environment (2977)
- Ezine (98)
- Ezine Publishing (780)
- Ezine Sites (437)
- Family & Parenting (10869)
- Fashion & Cosmetics (6941)
- Female
- Entrepreneurs (1820)
- Finance & Investment (33805)
- Fitness (10474)
- Food & Beverages (5090)
- Free Web Resources (1186)
- Gambling (3245)
- Gardening (2503)
- Government (1426)
- Health (50480)
- Hobbies (7041)
- Home Business (4582)
- Home Improvement (11172)
- Home Repair (3646)
- Humor (803)
- Import - Export (78)
- Insurance (4069)
- Interior Design (3014)
- International
- Property (593)
- Internet (12810)
- Internet Marketing (17261)
- Investment (3543)
- Law (4627)
- Link Popularity (447)
- Manufacturing (991)
- Marketing (13716)
- MLM (2504)
- Motivation (6458)
- Music (951)
- New to the Internet (1355)
- Non-Profit
- Organizations (214)
- Online Shopping (7500)
- Organizing (603)

RECIPES

Mix it up with exciting new recipes from Egg Beaters official site.
eggbeaters.com/cooking

Chef Recipes

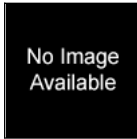
Huge selection of Chef Recipes items.
Yahoo.com

Egg recipes

Choose From A Variety Of Delicious Egg Recipes! Free & Easy To Follow.
www.RecipeRewards.com

Ads by Google

Type in a word or phrase to search for more articles:



Egg-cellent Recipes from Egg-tradordinary Chefs by AMY DUNN

Article Posted: 06/29/2008
Article Views: 36
Articles Written: 5 - MORE ARTICLES FROM THIS AUTHOR
Word Count: 1085
Article Votes: 0



Egg-cellent Recipes from Egg-tradordinary Chefs



Environment, Food & Beverages, Health

Is this article relevant to this category? If not, click here.

Need an "egg-cuse" to make something delicious and healthy? Our coop of culinary creators have developed a [cornucopia](#) of magnificent recipes.

These [recipes](#) are for eco conscious individuals who want to prepare healthy meals with egg whites that are produced using humane and organic methods. Eggology, an all-natural egg white company (<http://www.eggology.com>), recently became the first egg white company to be endorsed by the Humane Society of the United States. Enjoy!

Spinach-Feta Omelet Servings: 2. 1 cup tomato, peeled, seeded, and chopped 1 teaspoon chopped fresh dill weed 1 teaspoon minced fresh chives 1 dash salt [vegetable](#) cooking spray 1/4 cup chopped purple onion 2 cups loosely packed chopped fresh spinach 3/4 cup hot cooked rice, cooked without salt, or fat 3 tablespoons crumbled feta cheese (3/4 ounce) 1 tablespoon chopped fresh dill weed, divided 1 tablespoon minced fresh chives, divided 1 tablespoon skim milk 6 ounces Eggology fresh egg whites 1 dash freshly ground pepper
Optional fresh dill weed sprigs Combine first 4 ingredients; stir well, and set aside. Coat a nonstick skillet with cooking spray; place over medium-high heat until hot. Add onion; sauté 2 minutes. Add spinach; sauté 1-1/2 minutes or until spinach begins to wilt. Stir in rice, feta cheese, 1-1/2 teaspoon dill weed, and 1-1/2 teaspoons chives, and set aside. Beat 3 oz egg whites in a bowl until thick and pale (about 5 minutes). Add milk; beat until well blended, and set aside. Beat 3 oz egg whites (at room temperature) and salt until soft peaks form. Add the remaining dill weed, remaining chives, flour, and pepper, beating until stiff peaks form. Gently fold into previous egg white mixture. Coat a medium-size nonstick skillet with cooking spray, and place over medium heat until hot. Spread egg mixture evenly in skillet; top with spinach mixture. Cover, reduce heat to medium-low, and cook 10 minutes or until center is set. Carefully loosen omelet with a spatula, and fold in half; gently slide omelet onto a warm serving plate. [Spoon](#) tomato mixture over top. Cut omelet in half; garnish with dill weed, if desired.

Earthly Ecstasy - Basil Potato Frittata Servings: 4. 2 cups diced baked baking potato (1 large) vegetable cooking spray 1/2 cup thinly sliced onion, separated into rings 1/4 cup finely grated fresh parmesan cheese (1/2 ounce) divided 1 tablespoon chopped fresh basil 2 tablespoons water 1/2 teaspoon salt 1/2 teaspoon [hot sauce](#) 12 ounces Eggology fresh egg whites, lightly beaten 1 tablespoon balsamic [vinegar](#) Place the diced potato in a medium saucepan; cover with water, and bring to a boil. Cook 7 minutes or until tender. Drain and let cool. Coat a large nonstick skillet with cooking spray; place over medium heat until hot. Add onion; sauté 6 minutes or until tender. Remove from heat, and set aside. Combine 3 tablespoons of cheese, basil, and the next 4 ingredients (basil through egg whites) in a medium bowl; stir in potato and onion. Wipe skillet with paper [towels](#), and recoat with cooking spray. Place skillet over medium heat until hot. Add egg mixture, and cook 6 minutes or until almost set. Wrap handle of skillet with foil, and broil 1-1/2 minutes. Top with remaining cheese, and broil for 30 seconds or until cheese melts. Drizzle vinegar over the frittata, and cut into 4 wedges. Serve warm.

Apricot Sticky-Licked Muffins Servings: 12. 1 cup apple juice 1/2 cup finely chopped dried apricots 1 3/4 cups all-purpose flour 1/3 cup uncooked farina (such as Cream of Wheat) 1/3 cup sugar 2 teaspoons baking powder 1/4 teaspoon salt 1/8 teaspoon ground nutmeg 1/4 cup stick margarine or butter, melted 1 teaspoon vanilla extract 1 cup Eggology fresh egg whites, lightly beaten 1 (8-ounce) carton plain fat-free yogurt 2 tablespoons sugar cooking spray Preheat oven to 400°. Combine apple juice and apricots in a [microwave-safe](#) bowl. Cover with heavy-duty plastic wrap, and vent. Microwave at HIGH 3 minutes or until apricot mixture boils. Let stand, covered; cool completely. Drain apricots in a colander over a bowl, reserving apple

14 Day Free Sample

2008 Diet of The Year

Finally, A Diet That Really Works!
As Seen On Oprah, CNN, NBC, CBS & Fox News



[Click Here for Free Sample](#)

Author Login

Email Address:
Password:

Forgot your password?
[Register for Author Account](#)



ADVERTISE HERE!

Advertiser Login

[Over usage of opioids in dentistry.](#)
The first line of attack in general dentistry?
www.anestheticnews.com

Ads by Google

Is Anger a Problem?

Classes Books
Resources Quiz The
Anger Coach

www.angercoach.com

Rate This
Select a Star
★ ★ ★ ★ ★



- Party Ideas (1568)
- Pets (4736)
- Poetry (100)
- Press Release (1710)
- Public Speaking (630)
- Publishing (1214)
- Quotes (279)
- Real Estate (14224)
- Recreation & Leisure (11193)
- Relationships (9138)
- Research (1005)
- Sales (2983)
- Science & Technology (5124)
- Search Engines (2153)
- Self Improvement (15986)
- Seniors (168)
- Sexuality (4552)
- Small Business (6969)
- Software (4158)
- Spiritual (5093)
- Sports (7881)
- Tax (673)
- Telecommuting (3216)
- Travel & Tourism (17101)
- UK Property Investment (400)
- Web Traffic (1728)
- Website Design (4569)
- Website Promotion (5407)
- World News (1000+)
- Writing (3803)

juice. Lightly spoon flour into dry measuring cups, and level with a [knife](#). Combine the flour and the next 5 ingredients (flour through nutmeg) in a medium bowl, and make a [well](#) in center of mixture. Combine 3 tablespoons reserved apple juice, margarine, vanilla, egg whites, and yogurt; stir well with a whisk. Add to flour mixture, stirring just until moist. Stir in reserved apricots. Spoon batter into 12 muffin cups coated with cooking spray. Bake at 400° for 20 minutes or until muffins spring back when touched lightly in center. Remove muffins from pans immediately; place on a wire rack. Dip muffin tops in remaining apple juice; sprinkle each with 1/2 teaspoon sugar. Makes 1 dozen. Baking time is 20 minutes.

Mom's Best Banana Bread Servings: 16. Yield: 1 loaf, 20 servings (serving size: 1 slice) WHAT YOU NEED: 1 cup sugar 1/4 cup light butter, softened 1 2/3 cups mashed ripe banana (about 3 bananas) 1/4 cup skim milk 1/4 cup low-fat sour cream 2 ounces Eggology fresh egg whites 2 cups all-purpose flour 1 teaspoon baking soda 1/2 teaspoon salt cooking spray Preheat oven to 350 degrees. Combine sugar and butter in a bowl; beat at medium speed of mixer until well-blended. Add banana, milk, sour cream, and egg whites; beat well, and set aside. Combine flour, baking soda, and salt; stir well. Add dry ingredients to creamed mixture, beating until blended. Spoon batter onto 4 (5x2 1/2 -inch) miniature loaf pans coated with cooking spray. Bake at 350 degrees for 45 minutes or until a wooden pick inserted in center comes out clean. Let cool in pans 10 minutes on a wire rack; remove from pans. Let cool completely on wire racks. Makes 4 loaves, Baking time: 45 minutes, To make one 9-inch loaf, spoon batter into 9x5-inch loaf pan coated with cooking spray; bake at 350 degrees for 1 hour and 10 minutes.

The following are Certified Humane standards which Eggology (<http://www.eggology.com>) strictly follows for its organic & cage-free products: · Hens live and move freely in large community open-air hen houses · No cages - hens have unlimited access to feed, water, and dirt for bathing · Hens are fed a 100% certified organic [diet](#) comprised mainly of organic corn, organic alfalfa, organic soy, organic salt & limestone · Hens that become injured for any reason receive immediate attention from an onsite poultry specialist to determine if the [injury](#) requires isolation for healing, or that the severity of injury will incur undo suffering in which case the hen is humanely euthanized · Hens who die are cremated on the ranch to prevent any potential for disease · Hens are not de-beaked

Related Articles - [egg](#), [whites](#), [recipes](#), [bread](#), [muffins](#), [omlet](#), [frittata](#), [organic](#), [humane](#), [HSUS](#),

Ads by Google

- [Homemade Gourmet](#)
- [Gourmet Soup](#)
- [Fruit Recipes](#)
- [The Pampered Chef](#)

Email this Article to a Friend!

Receive Articles like this one direct to your email box!
Subscribe for free today!

Do you Agree or Disagree? Have a Comment? POST IT!

Author Spotlight

FRANCISCO MEJIAS



Empowered Doctor is a company that concentrates its efforts in spreading health-care knowledge throu...[more](#)

OMER ASHRAF



The author is a blogger about Cats. ...[more](#)

YUWANDA BLACK



Yuwanda Black is the publisher of InkwellEditorial.com: THE business portal for and about the...[more](#)

JEFF MCRITCHIE



Jeff McRitchie is the director of marketing and original developer for MyBinding.com. He writes ext...[more](#)

ROY KLIENWACHTER

Reader Opinions

Submit your comments and they will be posted here.

Name:

Email:

*Your email will NOT be posted. This is for administrative purposes only.

Comments:

*Your Comments WILL be posted so write accordingly.

284922

Please enter the code in the image:

Submit



Roy E. Klienwachter is a resident of British Columbia, Canada. An internationally published author, ...more

RAINIER POLICARPIO



Rainier used to work in a publishing company as a writer and eventually became an associate editor. ...more

JEAN SHAW



Jean Shaw is married with two children. She lives in UK and has an autistic son about whom she has p...more

PY KIM CONANT



I am the author of "Sex Secrets of an American Geisha: How to Attract, Satisfy and Keep Your Man" (H...more

FRANCISCO MEJIAS



Empowered Doctor is a company that concentrates its efforts in spreading health-care knowledge throu...more

VIVIAN JOHNSON



Vivian's been involved with internet dating from the very beginning! Rumor has it, she has ...more

