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

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**Egg-cellent Recipes from Eggg-tradordinary Chefs**

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Need an "egg-cuse" to make something delicious and healthy? Our crew 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 1/2 teaspoon chopped fresh dill weed 1 teaspoon minced fresh chives 1 dash salt vegetable cooking spray 1/4 cup chopped onion 2 cups loosely packed chopped fresh spinach 1/4 cup hot cooked rice, cooked without salt, or 3 1/2 tablespoons crumbled feta cheese (3/4 ounce) 1 tablespoon chopped fresh dill weed 1 tablespoon minced fresh chives, divided 1 tablespoon skim milk 2 ounces Eggology fresh egg whites 1 dash freshly ground pepper Optional fresh dill and sprigs Combine first 4 ingredients; stir well, and set aside. Cook 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 (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. Cook 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 teaspoons 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 skies on 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 1/2 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 microwavable-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.
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 1/2 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 on-site poultry specialist to prevent any potential for disease. · Hens are not de-beaked.

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