

good4u egg recipes



Basic Hard Boiled Eggs

1. Place eggs in a pot. Save the egg carton! Fill the pot with room temperature water at least one inch past the top of the eggs.
2. Bring the water to a boil. Once boiling set your timer for 6 minutes*.
3. At 6 minutes, remove the eggs from the burner, set aside and cover. Set your timer for 13 minutes.
4. At 13 minutes, drain the hot water from the eggs and set the pot under cold running water. Make sure the eggs are cooled completely to prevent over-cooking.
5. Place boiled eggs in the egg carton and refrigerate.

*The time you need may vary depending on altitude. For 6000ft+ try boiling for 1 extra minute. For altitude less than 5000ft, try boiling for one less minute.

Egg Peeling Tips

- Choose to hard boil eggs that have been in your fridge for about a week because they are easier to peel.
- It is easier to peel eggs under cool running water right after they have been cooked and cooled down enough to hold comfortably.
- There isn't firm evidence that white eggs are easier to peel than brown (though some swear by it!). The plus side of using brown eggs is that you can more clearly

Sunshine Eggs

Ingredients

- 2 acorn squash
- 6 eggs
- 2 Tbsp. olive oil
- 2 Tbsp. dried cherries or raisins
- 1/4 c. walnut halves or pieces
- Fresh parsley, rosemary, or sage to garnish
- Maple syrup to garnish, optional

Instructions

Preheat oven to 375F.
Slice squashes crosswise so that each ring is 3/4 in thick. Remove the seeds and place rings on parchment paper-lined baking sheet. Sprinkle with salt and pepper. Bake for 20 minutes.
Chop the walnut pieces and dried fruit into smaller pieces. Remove squash from oven and drizzle with a little olive oil. Crack an egg into the center of the ring and sprinkle a little salt and pepper. Then top the egg and ring with the walnut/fruit mixture.
Return rings to the oven for 8-10 minutes or until eggs are done to your liking.
Garnish and serve with fresh herbs and maple syrup.
Enjoy!

Heavenly Deviled Eggs

Ingredients

- 12 pasture-raised hard boiled eggs
- 1 Tbsp. vinegar
- 1-1/2 tsp. dry mustard

- 3/4 tsp. sea salt
- 1/2 tsp. pepper
- 4 tbsp. pastured butter, melted
- 1 tsp. coconut aminos

- Paprika and sesame seeds for garnish
- Other Mayo Substitute Ideas:** 1/2 avocado, 3-4 Tbsp. olive oil, 1/2 c. Greek yogurt, 1/2 c. hummus, or 1/2 c. tzatziki

Instructions

Halve the eggs vertically. Put all the yolks in a small mixing bowl and place the egg whites on a plate. Mash the yolks together with a fork. Add remaining ingredients and mix well. Place yolk mixture into a sealable plastic baggie and cut off

the tip of one of the corners. Squeeze contents of baggie into egg white cavity to evenly distribute the filling into the egg whites. If you don't have a baggie, you may use a spoon. Garnish with paprika. Chill in the refrigerator for at least an hour before serving.

Egg Muffin Template and Eggcellent Mix-In Ideas

Egg muffins are as unique as what's leftover in your fridge at the end of every week!

Essential Ingredients

12 eggs

Natural Grocers coconut oil or butter for greasing muffin tin
Preheat oven to 350F. Grease muffin tins with oil. In a large bowl, beat all 12 eggs together. Then add in your personalized mix-in blend (see inspirations below). Evenly distribute mixture between the 12 muffin tins. Bake for 18-20 minutes until a toothpick comes out clean from the middle of a muffin.

Green Eggs and Ham Cakes

Inspired by <http://nomnompaleo.com/post/5568966009/egg-foo-young-ish-spinach-egg-ham-coconut>

Makes six 4-inch cakes

Ingredients

4 large eggs

Herbamare or sea salt, to taste

¼ cup coconut flour

½ tsp baking soda

1 cup frozen spinach, thawed and squeezed dry

2 Tbsp fresh scallions, chopped

2/3 cup ham, diced

1/2 tsp apple cider vinegar

Coconut oil

Instructions

In a large bowl whisk eggs and Herbamare to taste. Then mix in the coconut flour and baking soda. Once well mixed, add spinach, ham, chives, and apple cider vinegar. Heat a tablespoon of coconut oil over medium heat. Use a small ice cream scoop or a ¼ measuring cup to scoop out mixture and add it to pan. Press it out using the bottom of a spoon to create a pancake shape. Cook for about 2 minutes and then flip it over and cook for about a minute more. Remove from heat and cool on a wire rack.

Serving Suggestions: Wrap up in foil for breakfast on the go. Top with salsa or avocado slices. Use as "bread" for a BLT or other sandwich.

Combinations to try and/or mix and match:

(Aim for about 2 cups of total mix-ins per dozen eggs.)

Parmesan cheese, basil, cooked ground beef/sausage, mushrooms

Feta cheese, sliced kalamata olives, oregano, sun-dried tomatoes

Diced bell peppers, jalapeno, garlic, cheddar cheese

Green chiles, cooked ground pork sausage, onion

Crumbled bacon, broccoli, bleu cheese

Egg Drop Soup

Inspired by <http://www.foodrenegade.com/egg-drop-soup/>

Makes approximately 8-1cup servings

Ingredients

1 medium onion, diced

2 stalks of celery, diced

1 Tbsp ghee

8 cups of chicken broth

1/4 tsp ground ginger (fresh if you have it)

1 tsp coconut aminos

1/4 tsp sesame oil

salt to taste

3 Tbsp arrowroot powder + 3 Tbsp water

6 eggs

Instructions

Melt ghee in a saucepan over medium heat. Add onions and celery and sauté over low heat until soft. Stir in broth. Add ginger, coconut aminos, and sesame oil. Bring to a boil. Add salt to taste. In a small separate bowl, mix arrowroot powder with water until smooth. Pour into soup and cook until thickened.

In a medium mixing bowl, whisk eggs together. Once the soup is thickened, slowly pour the eggs into the soup while continuing to stir the soup. Serve right away.