

EGG DISHES

Zesty Shrimp Avocado Omelet

2 omega 3-enriched eggs	1 tsp dried dill weed
1 T olive or walnut oil	½ tsp black pepper
1 T chopped scallions	Quickie Guacamole (see condiments)
1 T chopped tomatoes	¼ c small shrimp (fresh or thawed frozen)

Crack eggs into a small bowl and mix thoroughly with a fork or stirring whip. Using a small, nonstick omelet skillet, heat oil on medium heat. Pour in eggs and cook slowly until bubbles appear in the middle. Using a spatula, gently lift edges of omelet and allow uncooked egg to run off to the sides. Once the omelet is firm, sprinkle scallions, tomatoes, and shrimp in center of omelet and top with dill and pepper. Fold omelets in half and cook for 30 seconds. Remove from pan and top with Quickie Guacamole. Serves 1.

Scrambled Basil Eggs Topped with Salsa

2 omega 3-enriched eggs	1 tsp dried basil
2 T Anaheim Cilantro Salsa (see condiments)	

Crack eggs into a small bowl, add basil, and mix thoroughly with a fork or stirring whip. Scramble eggs in a nonstick skillet. Remove the eggs with a Teflon spatula and top with Anaheim Cilantro Salsa. Serves 1.

Poached Eggs with Peach Salsa

2 omega 3-enriched eggs	flaxseed oil
2 T peach salsa (see condiments)	

Bring ½" of water to a boil in a saucepan. Rub a little flaxseed oil in the egg wells of an egg poacher (available at most kitchen and cooking specialty stores). Crack eggs into the egg wells and reduce heat to a slow boil. Place poacher in the saucepan and cover. Extra-large eggs take about 7 minutes for soft yolks; medium eggs, about 6 minutes. Remove egg poacher from pan with a hot glove and free the eggs with a flexible rubber spatula. Gently transfer the eggs to a plate and smother with peach salsa. Serves 1.