




The Be Fit Minute

By Emily Gelsomin, RD, LDN



EGGCELLENT DINNER, 5 WAYS



<u>BAKED EGGS</u>	<u>HUEVOS RANCHEROS</u>	<u>The "SELT"</u>	<u>MINI CROQUE MADAMES</u>	<u>SOY & EGG SALAD</u>
<p>Hands-on time: 10-15 min. Total time: 30-35 min. Servings: 6</p> <p>-----</p> <p>Coat 6-6 oz ramekins or custard cups with 1 tbsp butter. Crack 1 egg into each ramekin and divide 2 tbsp whipping cream among them. Season with salt and pepper. Place in 13 x 9 inch baking dish; add boiling water to the baking dish to a depth of 1¼ inches. Bake at 350 degrees for about 20 min., or until set.</p> <p>-----</p> <p><u>Serve with:</u> 9 cups arugula, ½ cup walnuts, 2 pears sliced, and ½ cup crumbled blue cheese. Dress with ¾ cup balsamic dressing (2 tbsp/serving).</p> <p><u>Tip:</u> Prep the salad while the eggs are baking.</p> <p>-----</p> <p>Calories per serving: 350 (salad included)</p>	<p>Hands-on time: 20-25 min. Total time: 25-30 min. Servings: 6</p> <p>-----</p> <p>In a saucepan mix 15 oz canned diced tomatoes with 10 oz canned red enchilada sauce. Simmer 5-10 min., until slightly thick; add 1½ tbsp lime juice and ½ cup chopped cilantro. In a bowl, place 3 tbsp water and 24 oz canned pinto beans, mash slightly; microwave for 2 minutes, until hot. Fry or scramble 6 eggs. Warm 6 8-inch flour tortillas; divide beans and sauce among tortillas. Top with egg and divide ¾ cup feta among servings.</p> <p>-----</p> <p>Calories per serving: 450</p>	<p>Hands-on time: 15-20 min. Total time: 15-20 min. Servings: 6</p> <p>-----</p> <p>Fry 6 eggs (sunny-side up or over easy). Mash together 3 oz reduced-fat cream cheese, 3 tbsp minced red onion, 1½ tbsp chopped dill, and 6 oz smoked salmon; spread on 6 slices of whole wheat bread. Divide 1½ cups arugula among the slices, placing on top of salmon spread. Top each with 2 tomato slices, 1 egg, and another slice of bread.</p> <p>-----</p> <p>Calories per serving: 375</p>	<p>Hands-on time: 15-20 min. Total time: 40-45 min. Servings: 6</p> <p>-----</p> <p>Melt 3 tbsp butter in a saucepan; mix in 1 tbsp flour until paste forms. Add ¾ cup low fat milk, ½ tsp Dijon and ½ tsp nutmeg; simmer 5-10 min., whisk as needed. When sauce thickens, add ¼ cup shredded cheese; salt and pepper to taste; set aside. Flatten 6 slices of bread; brush each side with olive oil (3 tbsp total). Line 6 muffin tin cups with bread, pressing slices down with the bottom of small glass; divide 3 oz diced ham among them; crack 1 egg into each; top with cheese sauce. Bake 350 degrees for 15-20 min, or until set.</p> <p>-----</p> <p><u>Serve with:</u> 9 cups spinach with tomatoes/cucumbers. Dress with ¾ cup Italian dressing (2 tbsp/serving).</p> <p>-----</p> <p>Calories per serving: 425 (salad included)</p>	<p>Hands-on time: 5-10 min. Total time: 30-35 min.* Servings: 6</p> <p>-----</p> <p>Combine 10 ounces of firm tofu with ¼ cup chopped cilantro, 2 tbsp chopped green onions, ¼ cup mayo, ¼ cup plain low fat yogurt, 2 tsp hot pepper sauce, 1 tsp curry powder, ½ tsp salt, ¼ tsp pepper, and 4 peeled hard-boiled eggs; stir until well mixed. Spread mixture among 6 slices of whole grain bread. Top with 6 bread slices.</p> <p>-----</p> <p>*includes time estimated to boil and peel eggs.</p> <p><u>To hard-boil eggs</u> </p> <p>Place eggs in a pan of cold water. Bring to boil and then turn the heat off; let the eggs sit for 12 minutes. Drain and run under cold water until cool (ice water will chill quickly).</p> <p>-----</p> <p>Calories per serving: 375</p>

Not Cooking For 6? The huevos rancheros sauce, salmon spread, and egg salad can be made in bulk (prepare the amount indicated in the recipes). Assemble super fast breakfasts, lunches, and additional dinners with the leftovers.