

Baby Spinach Omlette

TayHay

Baby Spinach Omlette (sorry blurry pic!)



Serves 1

- 2 eggs
- pepper
- 1/2 of one shallot
- parsley
- 1/2 stick of celery
- handful of baby spinach

1. finely dice celery, parsley and shallot - put into microwave safe bowl
2. add baby spinach and tiny bit of water. Cover and microwave for 40 seconds until spinach wilts.
3. using fork, lightly whisk 2 eggs and pepper together and then add in spinach and other veges from microwave.
4. lightly spray small frypan with oil and pour egg and spinach mixture on.
5. Cook for a few minutes then flip and cook other side.

Serve with salad or veges of your choice!



Baked Eggs

Shazzie

Serving size: Serves 4

Cooking time: Less than 30 minutes

INGREDIENTS

- 2 tablespoons olive oil
- 1 small red onion, diced
- 1 red capsicum, diced
- 2 tomato, diced
- salt and pepper
- 1/4 cup basil, torn

4 eggs

METHOD

Pre-heat oven to 200°C. In a large frying pan heat oil. Fry onion and capsicum for 4-5 minutes, until soft. Add tomato, season and cook for a further 3-4 minutes. Remove from heat and add basil.

Divide mixture amongst four small flat shallow baking dishes.

Make a little space (hole) in the centre of each mixture. Crack an egg in the hole and wrap with foil.

Transfer to pre-heated oven and bake for 15 minutes or until egg has just set (make sure to check eggs after 10 minutes, as it is easy to over cook).

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### *Baked Eggs*

Loridarling

#### INGREDIENTS

2 teaspoons olive oil  
1 small red capsicum (150g), chopped finely  
100g mushrooms, chopped finely  
4 green onions, chopped finely  
2/3 cup (50g) finely grated parmesan cheese  
8 eggs  
2 teaspoons coarsely chopped fresh flat-leaf parsley

#### METHOD

Preheat oven to moderately hot (200°C/180°C fan-forced). Lightly oil four 3/4-cup (180ml) ovenproof dishes.

Heat oil in a medium frying pan; cook capsicum, stirring until capsicum is just tender. Add mushroom and onion; cook, stirring, until onion just softens. Remove from heat; stir in half the cheese.

Divide capsicum mixture among dishes; break two eggs into each dish. Bake, uncovered, in a moderately hot oven for 5 minutes. Sprinkle remaining cheese over eggs; bake for a further 5 minutes or until eggs are just set. Sprinkle with parsley just before serving.

#### NUTRITIONAL INFO!

Per serving: 2.5g carbohydrate; 20g total fat (7.3g saturated fat); 1187kJ (284 cal); 23.9g protein. I'm going to give them a go tonight. I'll let you know how it goes! 🤪

gigi a go go

thats alot of parmesan!! Probably a little too much fat.

Try sprinkling it on the top instead.

I do a similar recipe using silverbeet or spinch (whole bunch wilted), crack to

eggs over the top, black pepper and parmesan on top (alot less parmesan though). It is delicious!!

### Loridarling

Hi all,

Tried this one, and definitely didn't use as much parmesan as they suggest (just a leetle sprinkle on top) - mind you, the recipe is for four people as well!

Actually did a layer of the capsicum and onions, a layer of spinach and then the eggs. It was delicious! Definitely doing it again.

### helleva

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Devilled eggs

INGREDIENTS

6 hard boiled eggs
2 teaspoons hot English mustard
1/3 cup mayonnaise
1-2 tablespoons chopped parsley

METHOD

Cut neatly around the egg white to remove the yolk, keeping the whites intact to use as a vessel. Combine the egg yolks, mustard, mayonnaise and parsley and mix until smooth. Place into a piping bag, and pipe mixture back into the egg whites.

Serve chilled.

Serves 4

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### *Devilled Eggs*

#### **kibosa**

Hiya Everyone,

Just thought I would add my reeipe for devilled eggs...probably has been done before but my hubby and daughter likes these so here goes...

I normally only boil 2 eggs for the 3 of us (make sure they are hardboiled)  
Once eggs are cooked cut them lengthways, scoop out the yolk and mash it with a fork

Then add the desired fillings to the yolk (these fillings are for 2 hardboiled eggs)  
e.g

1 teaspoon of whole egg mayonnaise (Praise)  
Sprinkle of Paprika  
Salt & Pepper to taste  
or you can add...

As above + a little bit of finely diced onion

or you can...

Swap the mayonnaise with 1 teaspoon of Dijon Mustard instead

or you can...

add a little bit of curry powder so it then becomes Curried Devilled Eggs

or you can...(if you want to be even a little bit more naughty)


half a slice of ham (chopped nice and small) - (I use Shaved Lite Leg Ham by Don 97% fat free)

or you can...

add shallots  
capsicum  
finely shaved carrot  
celery cut nice and small  
chilli

The List is endless and they are a nice little snack to munch on!

I usually have one half of an egg and my daughter has the other and hubby has the other 2 halves.

Just remember to watch your protein serve  (and have no more than 6 eggs per week)

Hope you all enjoy them as much as we do!!

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Devilled Eggs

A Bugs Life (22/09/2006)

That made me think of something really yummy my mum used to make, boil an egg (or 2 in our case), cut in half, scoop out the yolk, mash with mayo and curry power and some chives and then put that mixture back into the bit it came out of (if that makes sense). absolutely delish! actually she used to pipe it back in swirls , but then again it was the seventies! Deviled eggs is what they are called...yummy stuff!

tigana

We used to add some gherkin relish to our deviled eggs but that's not allowed 😞
But I have managed to find some low-carb gherkins which I have very occasionally; so if you just blend them up a bit, or chop them up really small, then that works as a treat too.

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## *Herb Lamb and Egg Salad*

TayHay

Herb Lamb and Egg Salad



Serves one (just add more if you're making for others too 😊).

- 60g lamb stir fry meat
  - 1 hard boiled egg
  - mixed lettuce (or salad of choice)
  - mixed herbs of choice
1. Hard boil an egg
  2. lightly spray hot frypan with oil and add meat and herbs - cook until done
  3. put seasoned lamb and chopped up egg on lettuce

Use a dressing of your choice (from allowed list) or have as is. I didn't add dressing and it was great! For my husband (not on TF) I added cooked chat potatos to the salad and sweet chilli sauce. He loved it.

## *mini fritattas*

6 eggs  
1 large diced red onion  
1 large diced capsicum  
12 slices of tomato  
1 grated zucchini  
2 cloves diced garlic  
1/4 cup skim milk or 125-200g ricotta cheese lite

Lightly spray frying pan with oil and cook off vegetables except tomato til onion and garlic are translucent.

Whisk egg and milk together.

Lightly spray two 6 hole muffin tins.

Spoon in cooked veges evenly between the 12 tins and do the same with the egg mixture. place sliced tomato on the top of each filled muffin tin. Top with cracked pepper.

Bake side by side in oven at 200\*c for 20 mins - check at 15 mins

2 of these mini fritattas are 1/2 protien serve. You can use whatever veges you want and do the same steps, this is just what i had available. you could also add bacon or ham to this mix, then 2 fritattas would be equal to 1 protien serve.

They are yummo, enjoy.

By: [jacquilee81](#)

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omellette roll

[natls20](#)

i found this in a magazine have run it past the TF staff and is ok to have. 🍳

OMELETTE ROLL

2eggs,
allowed free veges or salad,
1 tblsp water,
allowed mayo.
seasoning to taste,

whisk eggs,water and sesonings. pour into a non stick pan cook until omellete is just set, then turn and cook other side until lightly golden.

slide omellete onto a large plate and cool slighty.

top with allowed veges or salad and mayo.

roll up omellete gently to enclose filling, than wrap firmly in plastic wrap and refridgerate until required.

serves 1.

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*omlete yum!!!*

**catb**

makes one omlete(1 serve)

2 eggs  
half an onion  
three or four asparagus spears(i used tinned stuff)  
half a zucchini grated  
garlic to taste

and if you haven't already used one of your 100 cal 'treats' you  
can  
cut up one piece of ham(from the ham and celery treat)  
and put it in.

I cook mine in an omlete pan but it only takes up one side so  
makes for easy turning. i also had those yummy curry vegie  
patties with it.

hope someone will like this one, i know i did but then i used to  
eat toasted ham and salad sandwiches for lunch! 🤪

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Quick and Easy Quiche

~Anita~

Made a quick and easy quiche type thingy tonight, as i am home on my own with
the baby tonight,

I just beat up my 2 eggs for my protien into a single serve oven dish and then
threw a handful of spinach, mushrooms, tomato, onion, in and then topped it with
some philly light, the chives and onion one, mixed it all up so the vegies were all
coated in the egg and wacked it in the oven for 25 mins, and it was yummy and
only one dish to both make it in and eat in from and therefor...only one dish to
wash up!! haha! Now thats my kinda dinner!

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### *ricotta and vegie quiche*

mumof2beautifulgirls Thought id share the yummy dinner i had last night,

250g light ricotta (perfect italiano brand)  
4 eggs  
1 zucchini grated  
1 carrot grated  
1 chopped red onion  
2 mushrooms chopped  
1 pkt frozen spinach  
sliced roma tomato  
salt and pepper

oregano

I made sure i got all of the water out of the zucchini and spinach, then i just threw it all in together mixed it up and placed the sliced tomato on top with a sprinkle of parmesan cheese and dried oregano on top. Cook for about 30-40 mins and served with a big green salad!

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*scrambled eggs with vegies...*

yoda17au

For tea last night I had steamed vegies(cabbage, carrot, zucchini, broccoli, cauliflower and beans) with the chicken soup sachet, I couldn't fit it all so cooked up the leftovers today with a scrambled egg, 50gm cooked chicken breast (shredded) and some avocado. Doesn't look pretty but is very yummy. I scrambled the egg first then threw in the rest, very quick (5 min) and easy. I get sick of salad for lunch everyday.

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*Scrambled Eggs*

FireyRed

I tried this last night and mmmmmm it was good.. I had to share.

### **Ingredients**

2 x eggs  
1/2 x onion  
3 x mushrooms  
3 x button/cherry tomatoes  
garlic - to taste  
herbs - to taste  
extra virgin olive oil spray

### **Method**

- 1) spray the bottom of the saucepan (yes I used a small saucepan, similar to one I would boil eggs in) with the cooking spray.
- 2) dice up the onions and mushrooms, add them the herbs and garlic to the saucepan and cook till the onions are clear.
- 3) break the eggs into a cup and whisk until they are fully mixed, add a dash of water (normally I would put milk but I used water last night and it seemed okay)
- 4) dice up tomato's, add egg and tomato mixture to the saucepan and stir.
- 5) once cooked serve up.. This might sound a bit weird but I actually divided the mixture into two wombok (chinese cabbage) leaves and it was divine.

## *Souffle*

### Captain Kipper

I was wanting something a variation of the tf summer vegetable omelette - so I used the tf recipe but instead of putting the mixture into a frypan, I poured the mixture into the pie maker - the result was great - 4 miniature souffles - YUM!

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## *Tomatoes With Eggs*

### **matti**

Ingredients:

2 Tbsp of Olive oil ( I cut this right back not sure of how if allowed advisor said allowed a little)

1 Onion finely chopped

1 Tbsp of Garlic crushed

8 Ripe Tomatoes chopped

2 Tbsp of Parsley chopped

2 tsp of thyme leaves chopped

8 eggs

extra chopped parsley

Method: Heat Olive oil in a big frypan and add the onion and the garlic. Cook over a moderate heat until the onions are soft but not coloured. Add the tomatoes lower the heat and cook until they are soft and the mixture has reduced to a thick consistency. Season well and add the parsley and thyme. Make eight indentations in this mixture and break an egg into each one. Drizzle the eggs with a little extra olive oil. Bake in a 200c oven until the whites of the eggs are set. Scatter with extra parsley and serve with a green salad or vegetable.

This recipe is designed to serve eight people so it can be varied accordingly tastes like bruschetta yet no bread. I have cut right back on the olive oil and sometimes skip the eggs so I can eat meat with it.

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## *Okonomiyaki* (Japanese Cabbage Pancake)

### **FatCat99**

(For four people) 3 cups shredded cabbage, 1 leek, 240gms diced chicken or seafood mix, 4 eggs. Oyster sauce and mayonnaise (use sauces that are under 5 grams carbohydrate per 100 grams).

Lightly sautee the leek and meat, then tip into a bowl and mix through the cabbage, and beaten egg. Make sure to coat the cabbage well with the egg.

Put 1/2 the mix into a non-stick fry pan (make sure half the egg mix goes in, at it tends to sink to the bottom of the bowl), flattening it out a bit and cook on a low heat for about five minutes. You'll need to take care turning it over, as it can be a

little crumbly before the egg and cabbage cook through. Turn and cook through for another five minutes or until cabbage is tender.

Repeat with the other half of the mixture. To serve, cut each pancake into two and add a little drizzle of 97% fat free mayonnaise, and drizzle of teriaki or oyster sauce (about a tablespoon for each would be plenty).

ALTERNATIVE: If the mixture is too crumbly, use 2 eggs per person, but don't add meat. Makes a yummy vegetarian option (no oyster sauce of course).

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