Breakfast

**INGREDIENTS**

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| **2** | EGGS |
| **2 tbsp.** | water |
| **1/8 tsp.** | salt |
| **Dash** | pepper |
| **1 tsp.** | butter |
| **1/3 cup** | filling, such as shredded cheese, finely chopped bacon |

DIRECTIONS

1. **BEAT** eggs, water, salt and pepper in small bowl until blended.
2. **HEAT** butter in 6 to 8-inch nonstick omelet pan or skillet over medium-high heat until hot. **TILT** pan to coat bottom. **POUR IN** egg mixture. Mixture should set immediately at edges.
3. **GENTLY PUSH** cooked portions from edges toward the center with inverted turner so that uncooked eggs can reach the hot pan surface. **CONTINUE** cooking, tilting pan and gently moving cooked portions as needed.
4. When top surface of eggs is thickened and no visible liquid egg remains, **PLACE** filling on one side of the omelet. **FOLD** omelet in half with turner. With a quick flip of the wrist, turn pan and **INVERT** or**SLIDE** omelet onto plate. **SERVE** immediately.

**Lunch**

**Ingredients**

[**Nutrition Facts**](https://www.eggs.ca/recipes/green-shakshuka#nutritionData)

* **1/4 cup (60 mL)**olive oil
* **4**green onions, thinly sliced
* **3**cloves garlic, minced
* **1 tsp (5 mL)**each ground coriander and cumin
* **1/2 tsp (2.5 mL)**dried oregano
* **1/4 tsp (1.25 mL)**red pepper flakes
* **8 cups (2 L)**loosely packed chopped kale (stems removed)
* **1/2 tsp (2.5 mL)**each salt and pepper
* **1/2 cup (125 mL)**chopped fresh parsley
* **1/2 cup (125 mL)**vegetable broth
* **4**eggs
* **1/3 cup (75 mL)**finely crumbled feta
* **1/4 cup (60 mL)**torn fresh dill sprigs
* **1/2**red finger chilli, seeded and sliced (optional)

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**Instructions**

1. Preheat oven to 400°F (200°C). Heat oil in 9-inch (23 cm) cast iron skillet or ovenproof skillet set over medium heat; cook green onion, garlic, coriander, cumin, oregano and pepper flakes for 3 to 5 minutes or until fragrant.
2. Stir in kale, salt and pepper; cook for 5 to 8 minutes or until starts to wilt. Stir in parsley and broth; cook for 3 to 5 minutes or until liquid has almost evaporated.
3. Using back of spoon, create 4 small wells in kale mixture; crack an egg into each well. Transfer skillet to oven; bake for 5 to 7 minutes or until whites are set but yolks are still runny. (Alternatively, cook to desired doneness.)
4. Serve sprinkled with feta, dill and, if using, chili.

Dinner

**Spicy tomato and egg pizza**
*pizza dough from* [The Cheese Board Collective Works](http://www.amazon.com/gp/product/1580084192/ref%3Das_li_ss_tl?ie=UTF8&tag=dessertsfo-20&linkCode=as2&camp=1789&creative=390957&creativeASIN=1580084192)
*makes one 10-inch pizza*

for dough
1/2 cup warm water
1 tspn active dry yeast
2 tspn olive oil
1/2 tspn salt
146 - 167 gr (1 1/4 - 1 1/2 cups) bread flour

for toppings
5 cloves garlic
3 Tbspn olive oil, and more for cooking
cornmeal or flour, for dough
2 whole Italian dried peperoncino (see note)
6 oz. tomato paste
fresh mozzarella
pecorino romano, shredded
2 - 3 large eggs

1. For dough. Put the warm water in a bowl and sprinkle the yeast into the water. Whisk to dissolve the yeast. Cover and place in a warm place for 5 minutes.
2. Add 2 tspn olive oil, salt, and 83 grams of bread flour to the yeast mixture. Stir with a wooden spoon for about 5 minutes to form a wet dough.
3. Place the remaining 63 grams of flour on a flat worksurface and add the wet dough. Knead for 8 minutes to form a slightly sticky dough. If the dough is impossibly sticky at the end of the kneading, add the remaining bread flour one tablespoon at a time as necessary.
4. Coat the insides of a large bowl with olive oil. Form the dough into a ball and place in the oiled bowl, rolling the dough around to coat the dough in oil. Cover with a damp towel and place in a warm, draft-free place to rise for 1 hour.
5. For baking and toppings. Preheat oven to 450° F with a rack in the lower-third of the oven. Peel and mash the garlic cloves. Combine 3 of the garlic cloves with 3 Tbspn olive oil in  a bowl and set aside.
6. Spread cornmeal on the back of a baking pan or a pizza peel. Take the dough and press it into a small round. Cover and let rest for 20 minutes.
7. Meanwhile, make the sauce. In a saucepan, heat a small amount of olive oil. Crush the peperoncino. Add the peperoncino and the remaining garlic cloves to the oil and saute briefly. Add the tomato paste and 1 - 2 tablespoons of water to loosen the paste, if necessary. Stir briefly to combine the tomato paste, water, garlic, and peperoncino. Remove from heat and set aside.
8. Uncover the dough and press it into its final shape. Cover with sauce, mozzarella, pecorino romano, and two cracked eggs. Place the pizza on a baking sheet in the lower third of the oven. Bake for 12 minutes. If using a pizza stone, transfer the pizza from the baking sheet to the stone after 8 minutes of baking.
9. Once the crust is golden, remove from the oven and immediately brush the exposed crust with the prepared garlic oil.

Note: if you don't have peperoncino, substitute with a 1/2 tspn of chili pepper flakes.