

“Manic Monday Meals”

URBANDALE, IOWA – It’s Monday at 5 o’clock. You are on your drive home from a crazy day at the office and hits you...”what’s for dinner?” Panic sets in and you start going through the list of food in the fridge, freezer, pantry and you come up with this: eggs, bread, milk, leftover pizza, peanut butter and jelly. In your mind you think the world has come to an end and you have won yourself the Mother of the Year Award, again! It hasn’t and you will have another opportunity to win the MOTY award, but it won’t be because of a failed dinner. Instead you will prepare you and your family a healthy, nutritious and delicious meal!

Eggs are healthy, nutritious and versatile and with the ingredients mentioned you will be able to throw together a meal in minutes! Not only will you have a meal but you will have a meal everyone will love!

Start with the obvious choice, eggs. You can hard boil them, bake them, scramble, or chop them, but for a quick and easy dinner that everyone will love try preparing an omelet.

An omelet requires 2 eggs and 2 Tablespoons of water and any filling of your choice. Place the eggs and water in the skillet and dig a hole and fill it up until the eggs are cooked. Take the leftover pizza and scrape off all the toppings from the crust and add it to the eggs. Fold it over and you have made yourself a pizza omelet. Not only have you not wasted food but you made a filling and satisfying meal. Peanut butter and jelly? Throw that into an omelet and your kids will think you are a hero! The possibilities are endless with omelets and you have turned your ‘manic Monday meal’ into a ‘magnificent Monday meal’!

For more omelet, or other recipe ideas visit www.iowaegg.org