

20 Quick & Easy Ways to Cook Eggs

Eggs are the breakfast, lunch, and dinner of champions. Rich in protein but low in calories, they make the perfect base for countless healthy meals or snacks. Let's get creative!



1. Soft-Boiled Eggs

Sliced hard-boiled eggs are great on salads or in sandwiches, but a soft-boiled egg in the morning is a treat! Make sure to boil them for only a few minutes if you want a yolk that's still runny.

2. Breakfast Burrito

Stuffed with scrambled eggs, lean turkey sausage, and diced tomatoes, a low carb breakfast burrito is actually a healthy, filling lunch option. Add a tablespoon of guacamole for an extra flavor boost.

3. Egg Salad

Use light mayo to make your egg salad and cut the fat. Spread onto a low carb tortilla with lettuce & red pepper for a hassle-free lunch.

4. Egg White Omelet

If you're watching your cholesterol levels, you can still enjoy the benefits of eggs with an egg white omelet. Toss in some shredded chicken or mushrooms! (Just remember that whole eggs are packed with essential nutrients).

5. Quiche

An entire broccoli & cheese quiche will keep you satisfied for days. Add extra egg whites and soy milk for even more protein.

6. Scrambled Eggs

Beat a few raw eggs together and scramble them for a quick, satisfying breakfast. Make it the perfect portable meal by piling the eggs on top of a toasted English muffins, which are low in carbs and calories.

7. Sunny Side-Up

A delicious sunny-side up egg takes only minutes to cook. While you're at it, chop up some bell peppers and onions to toss into the pan and whip up a stir-fry to accompany your protein-packed egg.

8. Omelet

Fold mushrooms and diced bell peppers into an omelet for a nutritious, veggie-packed dish. One tip for making omelets extra creamy? Beat some nonfat milk into the egg batter before frying.

9. Poached Eggs

A perfectly poached egg makes a delicious garnish on a slice of whole-grain toast. And since it's cooked in nothing but water, poaching is one of the healthiest way to prepare an egg.

10. Deviled Eggs

Give creamy deviled eggs a makeover with light mayonnaise and chopped celery. If you're entertaining guests, impress them by adding a dash of curry powder and a squeeze of lemon to the yolks.

11. Steamed Eggs

Steaming eggs is painless (and much easier to clean than scraping dried yolk off a frying pan!). Whisk several eggs together with water or low-sodium chicken broth, and then add the mixture to individual cups or a large bowl placed over a steamer.

12. Egg Soup

Drop a raw egg into a steaming bowl of soup. The egg cooks in the hot broth, making it thicker and giving your meal an instant boost of protein.

13. Tea Eggs

The idea of soaking your eggs in tea may sound strange, but it's a popular and wholesome snack in China. All you have to do is immerse hard-boiled eggs in a marinade of soy sauce and tea. It's one of the easiest recipes for a healthy snack on the go!

14. Baked Eggs

For an impressive-looking brunch dish, carve out a hole in the center of a multi-grain roll, drop a raw egg into it, and place it in the oven to bake.

15. Eggnog

Eggnog is a holiday cocktail favorite often laced with cream and sugar. Make our recipe for a low-cal, guilt-free indulgence over the holidays.

16. Egg Custard

Cottage cheese and egg custard results in a light egg dish with rich flavor and a fluffy texture. See recipe in our Members Only selection.

17. Egg Frittata

Like its cousin the omelet, the frittata is fast and easy to assemble. The important thing is to use low-fat cheese and lots of vegetables such as tomatoes and spinach.

18. Rolled Omelet

A rolled omelet, or tamagoyaki, is a well-known Japanese dish that looks insanely complicated, but it's actually a snap to make. Made thin like a crepe and then filled & rolled, it is a totally unique way of frying an egg.

19. Chopped Salad with Egg

If you're trying to find a good use for spare hard-boiled eggs, chop them into quarters and sprinkle over a simple mix of greens. The eggs do double duty by adding nutritional value to the salad and keeping you feeling full for hours!

20. 1-Minute Eggs

The fastest way to cook an egg is in the microwave. Beat a raw egg with a little nonfat milk, pour into a microwave-safe mug, and heat for just one minute. Feel free to season with herbs or spices.