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Breakfast Recipes > Egg Dishes (8 servings) Printable Version 1 dozen large eggs 1/4 cup milk 1/2 cup avocado - cubed 1/2 cup grated Swiss cheese 1/2 cup cooked ham - chopped 1/4 cup green onions - chopped 1 and 1/2 ounces bourbon (optional) 3 Tablespoons butter All this week (March 2013), I've been testing and photographing "green egg" dishes that have been submitted to the site. I prefer pan for St. Patrick's Day. This recipe was submitted by "Jim S" way back in 2002. While it wasn't the bestest egg I had, I still recently, it was one of the best I had. There's something about an avocado scrambled eggs that makes it feel like an extension of the eggs. It adds a richness and a very mild flavor. I made a couple changes which are detailed below the original recipe submission. (Incidentally, the greenest egg dish award goes to a recipe called Green Egg Scramble!) How to Make Green Eggs And Ham: Melt the 2 Tablespoons of butter in a frying pan over medium-high heat. In a large bowl, beat the eggs with the milk. Add all remaining ingredients and mix well. Pour into hot frying pan. (You may wish to do this in multiple batches depending on the size of your pan. For smaller pans, only use 1 Tablespoon butter per batch of scrambled eggs). Stir the eggs as they cook (about every 10 seconds) until they are completely set. Green Eggs And Ham For 2 (Mr Breakfast Variation) 3 large eggs 2 Tablespoons milk 1/2 medium ripe avocado - cubed 1/4 cup grated mozzarella cheese 1 green onion - chopped 1 slice cooked deli ham 1 Tablespoon butter 1 teaspoon chopped parsley For garnish Melt the butter in a frying pan over medium heat. Beat the eggs and milk together in a large bowl. Add all remaining ingredients - except for the parsley - and mix well. Scramble slowly until the egg is completely set. Garnish each serving with chopped parsley. Makes 2 servings. Also try recipes for Green Egg Scramble and Green Egg Casserole. In this recipe, it's avocado and green onion that give the eggs a greenish hue. Fun for St. Patrick's Day or after reading the famous book to kids (please leave out the bourbon if serving to children). Mr Breakfast would like to thank Linda30 for this recipe. Comments About This Recipe What do you think of Green Eggs And Ham? Overall Average Rating = 4 (out of 5)Based on 2 votes.From J. Lundgren (Team Breakfast Member)Rating (out of 5): I combined this recipe with the green egg scramble and added green pesto and a few mushrooms we had on hand. Came out FANTASTIC, a nice green hue with no food coloring used. Would definitely use the same combo again.Comment submitted: 3/17/2013 (#15409)From Cheeta K. Rating (out of 5): We had this in elementary school for Dr. Suess' birthday. It tastes pretty normal and good.Comment submitted: 12/17/2011 (#13319)From kilbiliv2 (Team Breakfast Member)Now I don't know about that, will give it a try you see Comment submitted: 11/30/2009 (#9132) See All 387 Recipes For Eggs Dishes Connect With Mr Breakfast: Perfectly done poached eggs with yolks oozing over spinach, slices of ham steak, and toasted bread. Topped with a slightly lemony and garlicky avocado cream sauce, this is a healthy twist to the classic Green Eggs and Ham for weeks now. Does that sound strange? What's weirder, it's not even my favorite Dr. Seuss book!Technically, this is a Spinach and Ham Eggs Benedict with an Avocado Cream Sauce, or maybe Avocado Hollandaise Sauce, recipe, but Green Eggs and Ham might just be catchier. What do you think? In general, Eggs Benedict are my favorite dish for breakfast. If I go out for breakfast or brunch with friends, this is usually what I order. Ill only hesitate if I ordered it the day before. And that's only because I know what goes into that hollandaise sauce. But I don't mind the splurge every once in awhile. How can I resist that runny egg yolk? I really cantEggs Benedict usually consists of poached eggs with a runny center that oozes out over an English muffin or toast. The eggs are usually covered with a deliciously creamy Hollandaise sauce. Sometimes these Eggs Benedict are accompanied with ham or bacon or spinach with a side of roasted potatoes or hash browns. Depends on what you order and definitely a complete breakfast.Classic hollandaise sauce is usually made from egg yolks, butter, lemon juice, and salt and pepper. In this version of Eggs Benedict, I decided to create a different hollandaise sauce for two reasons. One, I used avocado to create the sauce so its healthier than butter and yolks, and two, my yolks always get scrambled and become separated from the butter. Its very frustrating. So my solution is to make something different, and even better, because its mostly gulf free. =>First, I made the avocado cream sauce. I added half an avocado, some olive oil, a little lemon juice, and a pinch of salt to the blender. Then I blended the ingredients until they became nice and smooth. Depending on how you like the consistency of your avocado cream sauce, you might want to add a little bit of milk. I thought the avocado was too thick for my taste so I added milk to thin out the sauce.Next, find a small pot and fill it at least halfway with water. You want to make sure the water is high enough to completely submerge the eggs. Add about a tablespoon of vinegar to it. Vinegar is said to keep the egg whites white and the fresh herbs in a bowl. You can do this with a fork, but I always prefer using a muddler, such as this one. Then just stir in your waiting for the water to simmer, heat up the ham. I did mine on a skillet. Add the tiniest bit of oil and cook the ham until it turns brown on each side. Then I set it aside.I saved the eggs for last because I wanted it nice and warm when its ready to be served. Crack the eggs that youre using into small individual bowls. You want individual bowls so that the eggs dont merge together. And you want the eggs in a bowl because its easier to pour into the hot water.Once the water barely begins to simmer, when youre just seeing bubbles forming in the water, lower the bowl close to the water and slowly drop the eggs in, one by one. Allow the eggs to cook undisturbed for about 4 minutes. The egg whites will turn from clear to solid. Use a spatula or a spoon with tongs to retrieve and drain the eggs. You might lose some of the egg whites but the eggs should be mostly intact. If its a little messy the first time, dont worry. This does take a little practice to get it perfect.Toast your slices of bread. Top the bread slices with ham, a few spinach leaves, and the poached eggs. Add a dollop of the avocado cream sauce over the eggs. Sprinkle chopped parsley over your plate as garnish.Serve the Eggs Benedict warm.Enjoy!Ill be bringing this to Fiesta Friday over at the Novice Gardener. Head over there to find more recipes from other food bloggers.Want instant updates? Follow me onFacebook,Twitter,Instagram, orBloglovin. Did you know that if youre not ready to print a recipe, you can save the recipe into an online recipe box throughZiplist? Its completely free to sign up and easy to use to organize your recipes as well as your grocery list. Half of a large ripe avocado 1 teaspoon lemon juice 1 tablespoon olive oil teaspoon salt, more to taste 3 tablespoons milk (optional) Half pot of water 1 tablespoon vinegar 1 teaspoon olive oil or nonstick cooking spray 2 slices of ham steak 2 slices of bread or English muffins 2 large eggs, cracked into individual bowls cup of spinach leaves, divided Chopped parsley for garnish Make the avocado cream sauce. Add the avocado, lemon juice, olive oil, salt and pepper, and blend until the ingredients become smooth. In a medium sized but deep pot, fill water at least halfway, add vinegar, and heat the water until it begins to simmer, around when bubbles start to form. While waiting for the water to simmer, add a little olive oil to a small skillet. Allow it to heat for a minute before adding the ham steak. Cook the ham until it becomes brown on each side, about 2-3 minutes each. Set aside for now. Once the water starts to bubble, slowly pour the eggs into the water, one by one. Allow the eggs to cook for about 4 minutes until the egg whites have turned from clear to solid. Use a spatula or a slotted spoon to scoop the eggs from the water. Make sure the eggs are completely drained. Toast the bread slices. Top the bread with ham, spinach, and the poached eggs. Add a dollop of the avocado cream on each egg. Garnish with finely chopped parsley. Serve the Eggs Benedict warm. Disclaimer: This post includes affiliate links. Home Recipes Salad This post may contain affiliate links. As an Amazon Associate I earn from qualifying purchases. See my disclosure. Jump to Recipe Pin Recipe Print Recipe Try this awesome twist on the classic egg salad: Avocado Egg Salad with Ham. The avocado adds a wonderful flavor to this salad, and the ham adds a nice texture. This will be the BEST egg salad you ever make!Or skip the ham for a vegetarian Egg Salad with Avocado. Egg salad with avocadoEgg salad is typically made with loads of mayo in the dressing. This is not a classic egg salad recipe. In this egg salad, I replace most of the mayo with avocado to add loads or nutrients, flavor, and creaminess.I still sometimes add 1-2 tablespoons of mayo just to add a bit more flavor and richness, but that is totally optional.I also add some fresh parsley and scallions to the mix to give this salad more flavor - I find that egg saladalways benefits from a bit of onion flavor and fresh herbs.How to make avocado egg saladA basic avocado egg salad is easy to make.I usually cook my eggs in the Instant Pot using the 5-5-5 method (5 minutes high pressure, high minutes natural release, 5 minutes in ice water), and this makes perfect hard boiled eggs and is definitely my preferred method over the stove-top method with usually involves panic yelling "oh no! the eggs!" and me rushing to the kitchen to find out all the water evaporated like, 5 minutes ago.This is the Instant Pot I have and I've loved it from the minute I used it. You can also use hard boiled duck eggs for this salad.Chop up your hard boiled eggs. This is how I do it:The mash together half an avocado, some lime juice (for flavor), salt, pepper, and the fresh herbs in a bowl. You can do this with a fork, but I always prefer using a muddler, such as this one. Then just stir in your chopped eggs, season with more salt, pepper, everything bagel seasoning, and enjoy!You can also add the following add-ins for egg salad:Pinch of red pepper flakes or cayenne powder for spiceSmoked sweet paprika for flavorDiced fresh or pickled jalapeno for crunchDiced bell pepper for some crunchBacon bits or crumbled bacon (mmmh bacon)Other fresh herbs, such as basil or dill (I LOVE basil and eggs together!)Diced hamMore salad recipes with avocado in the dressing:Pinto Bean SaladHam and egg salad!If you're not vegetarian, then this ham and egg salad is a combination you HAVE to try!Cubed ham adds such a nice texture and flavor to this avocado egg salad. You know how egg salad is all soft? Well, ham adds a nice bite to it, and gives it some contrast. And it also adds a nice saltiness.Considering it takes all of 30 seconds to chop up a half a cup of ham, I find it worth adding to make a ham and egg salad!I jokingly call this my "Green Eggs and Ham" Salad. You can also just add a slice or two of ham to your sandwich, if you're serving this egg salad on a sandwich. Same flavor, less work.More low-carb recipes to try:Low-Carb Cottage Cheese RecipesEverything bagel egg salad! take this egg salad to the next level by adding some everything but the bagel seasoning to it. This stuff is so good and so addicting, with its wonderful garlicky salty flavor and crunch thanks to the sesame seeds. You can absolutely leave it out if you don't have any... but I recommend getting some! You might become obsessed with it too.Everything bagel seasoning can be found in Trader Joe's and many other stores, but it's often sold out. I order mine on Amazon here, and here are some other brands of this seasoning.This egg salad is amazing on a bagel (try it with an everything bagel!), on a sandwich, on toast, in lettuce wraps or regular wraps, or as a topping for crackers.However you decide to make it - with ham or without, with everything bagel seasoning or without, I hope you try my avocado egg salad! If you end up making it, please take a picture and tag me on Instagram or Facebook. You can find me at @babaganoshblog on both. I love seeing your creations!Looking for other easy lunch ideas? If you enjoyed this recipe, let me know with a comment and a star rating below. And dont forget to share it on Facebook and save it on Pinterest for later! Print Recipe Try this awesome twist on the classic egg salad: Avocado Egg Salad with Ham. The avocado adds a wonderful flavor to this salad, and the ham adds a nice texture. 4 eggs - hard boiled, cooled, and peeled1 scallion - chopped 1 tablespoon parsley - chopped Hass avocado1 tablespoon lime juice - (from lime, or use lemon juice)!1-2 tablespoons mayonnaise - (or skip for clean keto version!) 1 teaspoon everything bagel seasoning - (or more to taste)salt and pepper, to taste - (about teaspoon each to start)0.25 lb ham - cubedBread, lettuce, tomato for servingShop Ingredients on Jupiter Dice the hard boiled eggs into small even pieces (about - inch). Chop the parsley and chives/scallions. Combine the avocado half, chopped parsley, chopped scallion, salt, pepper, and lime juice in a large bowl. Mash with a fork or a muddler to make an avocado paste. Stir in mayo, if using. Add the chopped egg, chopped ham, and everything bagel seasoning, and mix well. Season with additional salt, pepper, lime juice, mayo, or everything bagel seasoning, if desired. Enjoy in a sandwich, on toast, lettuce wrap, or with crackers. For some more flavor or spice, try adding any of the following:Pinch or red pepper flakes, cayenne, or smoked paprika1 minced garlic cloveFinely diced jalapeno or bell pepperCrumbled bacon Calories: 198kcal (10%) | Carbohydrates: 3g (1%) | Protein: 12g (24%) | Fat: 15g (23%) | Saturated Fat: 4g (20%) | Cholesterol: 183mg (61%) | Sodium: 489mg (20%) | Potassium: 264mg (8%) | Fiber: 2g (8%) | Sugar: 1g (1%) | Vitamin A: 388IU (8%) | Vitamin C: 6mg (7%) | Calcium: 28mg (3%) | Iron: 1mg (6%)The nutritional information displayed is an estimate and not to be used as dietary or nutritional advice. Consult a nutritionist or dietician for nutritional info based on the exact ingredients you use. Green Eggs and Ham is a classic dish that has been enjoyed by children and adults alike for generations. The traditional recipe calls for food coloring to achieve the vibrant green color of the eggs, but many people are looking for a more natural alternative. In this article, we will explore two versions of the Green Eggs and Ham recipe that do not require food coloring, as well as discuss some interesting trends related to this specific topic.Version 1: Avocado Green Eggs and HamIngredients: 4 large eggs 1 ripe avocado 1 tablespoon butter 4 slices of ham Salt and pepper to tasteInstructions: 1. In a medium bowl, mash the avocado until smooth. 2. In a separate bowl, beat the eggs until well mixed. 3. Heat the butter in a skillet over medium heat. 4. Add the mashed avocado to the beaten eggs and mix well. 5. Pour the avocado and egg mixture into the skillet. 6. Cook the eggs, stirring occasionally, until they are cooked to your desired consistency. 7. Season with salt and pepper to taste. 8. Serve the green eggs with slices of ham on the side.Interesting trends related to Green Eggs and Ham without food coloring: 1. Natural food coloring alternatives: With the growing trend of clean eating and natural ingredients, many people are looking for ways to avoid artificial food coloring. Ingredients such as spinach, avocado, and matcha powder can be used to achieve a green color in dishes like Green Eggs and Ham without the need for synthetic dyes. See also Paper Matcha Clay Recipe Without Joint Compound. 2. Health benefits of green ingredients: Both spinach and avocado are packed with nutrients and antioxidants that offer numerous health benefits. By incorporating these green ingredients into dishes like Green Eggs and Ham, you not only add color naturally but also boost the nutritional value of the meal. 3. Plant-based alternatives: As the popularity of plant-based diets continues to rise, many people are looking for ways to incorporate more plant-based ingredients into their meals. Green Eggs and Ham made with avocado or spinach are excellent alternatives that are not only delicious but also environmentally friendly. 4. Creative twists on a classic dish: By experimenting with different ingredients and flavor combinations, chefs and home cooks are putting their own spin on classic dishes like Green Eggs and Ham. From adding herbs and spices to incorporating different types of ham or bacon, there are endless possibilities for creating a unique and flavorful version of this beloved dish.Quotes from professionals in the field: 1. Using natural ingredients like avocado or spinach to achieve a green color in dishes like Green Eggs and Ham not only enhances the flavor but also adds a nutritional boost. Its a win-win for both taste and health. Nutritionist2. As a chef, I love experimenting with different ingredients to create new and exciting dishes. Green Eggs and Ham without food coloring allows me to get creative in the kitchen while still sticking to natural and wholesome ingredients. Chef3. The trend of using plant-based alternatives in traditional recipes is on the rise, and dishes like Green Eggs and Ham made with avocado or spinach are a perfect example of how plant-based ingredients can elevate a classic dish to a whole new level. Food ScientistSee also Easy Apple Cider Recipe With Apple JuiceCommon concerns and answers related to Green Eggs and Ham without food coloring: 1. Will the eggs still taste good without food coloring?Yes, the natural ingredients used to achieve the green color in Green Eggs and Ham, such as avocado or spinach, add a delicious flavor that complements the dish beautifully. 2. Can I use frozen spinach instead of fresh spinach in the recipe?Yes, you can use frozen spinach in place of fresh spinach in the recipe. Just make sure to thaw and drain the spinach before blending it with the eggs. 3. Are there any other natural ingredients I can use to color the eggs green?Yes, ingredients like matcha powder, parsley, or even spirulina can be used to achieve a green color in dishes like Green Eggs and Ham without the need for artificial food coloring. 4. Can I make Green Eggs and Ham ahead of time?Yes, you can make Green Eggs and Ham ahead of time and reheat it when ready to serve. Just make sure to store it in an airtight container in the refrigerator. 5. Can I use turkey bacon instead of ham in the recipe?Yes, you can use turkey bacon or any other type of bacon in place of ham in the recipe. Feel free to experiment with different types of meat to suit your preferences. 6. Will the green color of the eggs change when cooked?The green color of the eggs may darken slightly when cooked, but the flavor and nutritional value will remain the same. 7. Can I add cheese to the Green Eggs and Ham recipe?Yes, feel free to add cheese to the Green Eggs and Ham recipe for an extra layer of flavor. Cheddar, feta, or goat cheese would all be delicious options. See also Peanut Butter Sauce For Ice Cream Recipe8. Are there any variations of the recipe for vegetarian or vegan diets?For a vegetarian version, simply omit the ham or replace it with a meatless alternative. For a vegan version, use plant-based eggs or tofu scramble in place of the eggs. 9. Can I add other vegetables to the Green Eggs and Ham recipe?Yes, you can add other vegetables like bell peppers, onions, or mushrooms to the Green Eggs and Ham recipe to add texture and flavor. 10. How can I make the dish more kid-friendly?Get creative with the presentation by shaping the eggs into fun shapes or faces using cookie cutters. Kids will love the playful twist on this classic dish. 11. Is Green Eggs and Ham a healthy meal option?Yes, Green Eggs and Ham made with natural ingredients like avocado or spinach is a healthy meal option that is packed with nutrients and antioxidants. 12. Can I serve Green Eggs and Ham for brunch or dinner?Green Eggs and Ham is a versatile dish that can be enjoyed for breakfast, brunch, or dinner. Serve it with a side of toast, salad, or roasted potatoes for a complete meal.In conclusion, Green Eggs and Ham without food coloring is a delicious and nutritious alternative to the traditional recipe. By using natural ingredients like avocado or spinach, you can achieve a vibrant green color while adding a flavorful twist to this timeless dish. Experiment with different variations of the recipe to suit your taste preferences and dietary needs. Whether youre looking for a fun and creative dish to serve to kids or a healthy meal option for yourself, Green Eggs and Ham without food coloring is sure to delight your taste buds. Enjoy! 1 large egg 1 slice hamGreen food coloringSalt, to tastePepper, to taste1 teaspoon butter or canola oilServes 11 egg1 teaspoon milk1 drop green food coloring1 tablespoon ham, diced small1 teaspoon butter or canola oilServes 1Fruit strips (preferably the green, sugar-free)White chocolate candy meltsGreen M&M'sBites-sit on OreoServing size varies1. Separate the yolk from the white. Crack open an egg and hold it over a cup. Pass the yolk back and forth between the two shells. Catch the whites in the cup. You can make two eggs if you are really hungry! 2. Add a pinch of salt to the egg whites. 3. Add a drop of food coloring. Stir everything together until the color is even. You don't want any streaks or swirls. You can also use green food coloring instead to get a brighter shade of green.[6]3Stir in the diced ham. 4. Put 1 to 2 slices of ham into tiny cubes. Something around 1/2-inch (1.27-centimeter) would work the best. Once you have enough to fill 1 tablespoon, add it to the bowl. Stir it in with a rubber spatula.4Heat up a frying pan with some butter or oil. Place a frying pan on the stove. Add about 1/2 tablespoon of butter or canola oil. Turn the heat up to medium-low. Wait for the butter to melt or the oil to sizzle.Tilt the pan around to spread the melted butter or oil around.Add an adult for help with this step.5Pour the scrambled onto the pan. Dont stir until the eggs have begun to set, about 2 minutes. Use a spatula to fold the cooked eggs over as they cook. Chop up the eggs with the tip of the spatula.6Serve the scrambled green eggs and ham. Use a spatula to scoop everything onto a plate. Serve it with some toast or jelly rolls. 1.Melt some white chocolate. Get some white chocolate candy melts. Place a few wafers into a microwave-safe bowl. Melt them in the microwave for 30 seconds, then stir them with a spoon. Keep heating them for 30 seconds and stirring until they are completely melted.2Pour the candy melts into a piping bag. Place a piping bag into a cup and fold the edge over the rim. Pour the melted chocolate into the bag. Tie the bag to close. Do not cut the tip off yet.If you don't have a piping bag, use a plastic sandwich bag instead.3Get some candy fruit strips. You can use any kind you want. If you really want it to look like green eggs and ham, get the sour kind in green. You will need two strips to make one serving of green eggs and ham.If you are more than 2 to 3 inches (5.08 to 7.62 centimeters) long, cut them in half.4Glue the strips together with the chocolate. Cut the off the tip from the piping bag. Place a drop of melted white chocolate in the middle of one strip. Place the second strip on top to make an X.Pull apart a mini, bit-sized Oreo and place it on top of the X. You can also use a chocolate powder for a different smoky kick. Just use a bit less (2 to 4 chippole route, Watch Out for These Mistakes While CookingThe biggest challenge when making green deviled eggs is preventing the avocado mixture from turning brown or keeping that fresh green color, make sure to add a splash of lemon juice to the filling and serve within a few hours of preparation. A common error is overcooking the eggs, which can lead to that unappetizing green ring around the yolk instead, place eggs in cold water, bring to a boil, then remove from heat and let stand covered for exactly 12 minutes before plunging into an ice bath. When it comes to the filling, avoid making it too wet by draining the avocado well and adding mayonnaise gradually you can always add more, but you cant take it away once its mixed in. For the best texture and flavor, make sure your eggs and avocado are at room temperature before mixing, and dont forget to taste and adjust the seasonings before filling the egg whites. What to Serve With Green Deviled Eggs?These fun and tasty deviled eggs make a perfect appetizer or party snack, and there are lots of great foods you can serve alongside them! I like to put them out as part of a casual appetizer spread with some crunchy veggies and ranch dip, cheese and crackers, and maybe some fresh fruit to balance things out. For a brunch spread, they go really well with classic items like bagels and cream cheese, breakfast pastries, or a simple fruit salad. Since these eggs already have protein from both the eggs and bacon, they also work great as a side dish for lighter fare like mixed green salads or roasted vegetables. Storage InstructionsKeep Fresh: These green deviled eggs are best enjoyed the same day you make them. If you need to store them, place them in an airtight container in the fridge for up to 24 hours. The avocado might start to brown a bit after that, but a squeeze of lemon juice on top can help prevent this.Make Ahead: Want to prep these in advance? You can boil the eggs and cook the bacon up to 2 days ahead. Just store the peeled eggs in water over high heat. Bring to a boil then carefully add the eggs to the pot and turn down the heat to a simmer. Set a timer for 13 minutes. Place a handful of ice into a large bowl then half fill it with water.After 13 minutes, remove the eggs from the pot and place into ice water for 5 minutes. After 5 minutes, check for coolness and then gently crack and peel the eggs. Slice each one in half.Scoop the yolks out of the eggs and place into a mixing bowl. Add the avocado, mayonnaise and lemon juice to the bowl and blitz with a stick blender until smooth. Season to taste, then spoon the mixture into a piping bag.Pipe the mixture back into the eggs, then top with chopped chives and arrange parma ham shard on each. Season and serve. Like most children, my kids love Dr. Seuss and we go through serious Seuss phases where we read a Seuss book every night. (My personal favorite is The Butter Battle Book). As you might imagine, when they were slightly younger, Green Eggs & Ham was a favorite for both kids. While there are many green eggs & ham recipes on the Internet, this benedict version is intended to be a bit more grown-up. Most Green Eggs & Ham recipes involve dyeing the eggs a bright green color which is cool as a gimmick, but not exactly what I want for breakfast. So, I decided to make a more natural green eggs & ham recipe that centers around a deliciously light green hollandaise sauce that gets drizzled over the whole plate. Its a fantastic flavor combo and the hollandaise is actually easier to make than the classic version. The whole thing can be done and on the table in less than thirty minutes and would actually be a great alternative to the classic Easter brunch! Thanks Sam-I-Am! Spoiler: There are no green eggs in nature. Well, if you do find one, I wouldnt eat it. There are two basic ways you can make actual green eggs. First, you could just add green food coloring to the eggs as you scramble them. This will give you that cartoonish green you might be looking for. If you want a more natural (but still very green) version of scrambled eggs, you can blend spinach into the eggs using a really good blender and youll end up with fairly bright green eggs. Check outthis version from Eating Richlyfor a good walk-through on that process. I take a little different approach for my version. Since Im poaching my eggs, I didnt really want to dye them green so I turned to making a nice green sauce! Technically, neither the eggs nor the ham are green for this recipe, but because you slather everything in this delicious green hollandaise it all ends up being green. Avocado mix. This hollandaise is ridiculously easy to make. Instead of dealing with the whole egg yolk thing, just toss half an avocado in a blender with some hot water and lemon juice. Plus, add in some paprika, salt, and pepper. Pulse that together and then add in some fresh parsley (extra green) and drizzle in melted butter or extra-virgin olive oil as the blender runs. Perfect sauce! I would recommend tasting the sauce and adjusting the seasoning to your liking. Nice color if your version is too thick, you can always thin it out with more hot water by the tablespoon. I make a lot of poached eggs. I prefer to add a little vinegar to my lightly simmering water and then add my eggs to a small bowl to avoid shells in the water. Slide the eggs in the hot water and poach for about three minutes. That should give you set whites with a still runny yolk. Egg yiz. Drain the eggs on a few paper towels and you are ready to serve. Toast an English muffin and sear some ham slices in a skillet with a little olive oil. Nothing fancy here. Top everything together and drizzle lots of that green sauce on top! Ham! Garnish the dish with some chopped parsley or green onions. Say hello to a green egg and ham that youll actually want to eat. Yes, on a plane and yes, on a train! There are lots of options for substitutions here! For a vegetarian version, you can leave out the ham (and exist the world of Dr. Seuss) and substitute something like sauteed mushrooms or kale. To up the green element even more, add some pesto to your toast or english muffin before serving. Add more toppings to the green eggs and ham like parmesan cheese or more fresh herbs for color and flavor. This is a pretty hardy breakfast as-is so there isnt a need to necessarily serve it with something else, but if you are feeling like it I would serve this with something light like thisFruit Tapioca pudding. As an alternative to the English muffin you could serve the whole thing onthese potato nests! Of course, home frieswould always be good as well! Any other ideas for serving? Leave a comment! An upgrade for the classic green eggs and ham, this recipe is a nod to the Dr. Seuss book of the same name. All-natural ingredients in this benedict version! Cook ModePrevent your screen from going dark For sauce, add avocado, lemon juice, hot water and seasonings to a blender and pulse a few times. Then, with the blender running, slowly drizzle in olive oil or butter. Then add fresh parsley. If sauce seems too thick you can add more water. Set aside for later.Toast English muffins and sear ham in a skillet with a little olive oil. For poached eggs, add a few inches of water to a wide pan with a glug of vinegar. Bring it to a light simmer. Crack in eggs gently and cook for about 3 minutes until whites are set in the eggs, but yolks are still soft.Remove eggs and drain on some paper towels.Place seared ham on toasted english muffins and top with poached eggs. Pour over green hollandaise and fresh parsley. Eat immediately! Avocado Hollandaise Inspired by this Food & Wine recipe. Serving: 2benedicts | Calories: 418kcal | Carbohydrates: 8g | Protein: 13g | Fat: 39g | Saturated Fat: 18g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 14g | Trans Fat: 1g | Cholesterol: 388mg | Sodium: 314mg | Potassium: 443mg | Fiber: 4g | Sugar: 1g | Vitamin A: 1837IU | Vitamin C: 25mg | Calcium: 77mg | Iron: 2mg Green Eggs and Ham Deviled Eggs are a fun twist on the classic deviled egg (made without food coloring) and perfect for serving at any Springtime occasion. Thank you to Ohio Eggs for sponsoring this post. As always all opinions are mine alone.Ive got a fun Springtime twist on classic deviled eggs for you. Fresh avocado and chives provide the green color to the yolks for the green eggs. Elegant slices of prosciutto act as the ham.Want to save this recipe? Enter your email & I'll send it to your inbox.Plus, get great new recipes from me every week! As an avid reader Im a fan of Dr. Seuss. So obviously this recipe can be tied to his famous book. But I really like the little flower picks I used to decorate the eggs. These eggs should be taken along to picnics and delivered to brunches. Mothers Day, baby showers, graduations parties you get the idea. Dont just save them for celebrating Dr. Seuss Day!Watch how to make Green Eggs and Ham Deviled Eggs: I used to shy away from making deviled eggs as a take-along dish but since I discovered this method for hard boiling eggs I am a big fan of preparing my eggs this way again. I have made many multiple dozens of hard boiled eggs in this way and the peel slides right off every time! It feels like magic.I like hard boiling a dozen eggs on Sunday and storing them in the refrigerator. Its such an easy way to have eggs on hand for a different occasion. The protein found in eggs is the highest-quality protein found in any food. One large egg has 13 essential vitamins and minerals, unsaturated fats and antioxidants, all for just 70 calories.Thank you so much for being a faithful reader and supporter of Foodstaple Mom. Be sure toPINand print this recipe! Print Pin Green Eggs and Ham Deviled Eggs are a fun twist on the classic deviled egg (made without food coloring) and perfect for serving at any Springtime occasion. Course Appetizer Cuisine American Prep Time 30 minutes minutes Servings 12 Calories 117kcal Author Foodstaple Mom 6 large eggs hard boiled and cooled1 avocado1/4 cup fresh chives chopped2 tsp mayonnaise1 tsp lemon juice1/2 tsp salt3 tsp slices prosciuttoPeel the eggs. Slice the eggs in half (lengthwise) and gently scoop out the yolks, setting aside the egg white halves.Halve the avocado, pit and remove the skin.Add the egg yolks, avocado, chives, mayonnaise, lemon juice and salt to a food processor and process until smooth.Using a pastry bag or small spoon fill each of the 12 egg white halves with the green deviled egg yolk mixture.Slice and roll the prosciutto into 12 equal pieces.Top each of the deviled eggs with chopped fresh chives and a roll of prosciutto. Sheet Pan OmelettesEggs Benedict Breakfast BakeKentucky Hot Brown Eggs Benedict(Image credit: unknown)Its the conundrum of egg-eating: the yolk is the best bit but without bread to mop it up, how do you make sure you get it all? Heres how: by baking it in an avocado holder, which will give you a decent hit of healthy fats alongside your muscle-building protein. This combination will also boost your energy and help keep you full so you avoid the temptation to snack mid-morning.Check out our dedicated 10-minute meal page for more quickfire recipes.Avocado baked eggs with pancettaIngredients (serves 1) 1 large avocado / 2 free-range eggs / 70g pancetta / Small handful of cress /Pepper to tastePreheat the oven to 200C/gas mark 6.Halve the avocado and remove the stone.Crack the eggs into the holes where the stone was.Place in a casserole dish with the lid on and bake for eight minutes.Meanwhile lightly fry the pancetta in a non-stick pan over a medium heat for four to five minutes, stirring throughout, until its crisp.Remove the pancetta from the pan and set aside to drain on a paper towel. Meanwhile, toss the cress, pepper and pancetta in the avocados and serve.Nutritional infoAvocado provides fibre, which improves digestionPancetta provides vitamin B6, which boosts energy levelsEggs provide zinc, which increases testosterone productionWatercress provides vitamin K, which strengthens bonesStruggle getting your eggs perfect. This should help.

Green eggs. and ham. Green eggs with avocado. Ham eggs avocado. Green eggs and ham recipe.

