

# Veggie Egg Focaccia

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Eggs are designed for quick mealtime solutions. Scrambled eggs are a perennial favorite for good reason. They're quick, easy, and adaptable to a wide range of recipes.

Eggs are a source of complete protein and are "nutrient-dense," containing only 75 calories while providing over 20 nutrients. Two carotenoids, lutein and zeaxanthin, are both abundant in egg yolks. These carotenoids help prevent the increasingly common eye disorder of age related macular degeneration that can lead to blindness.



Does your family balk at eating vegetables? Tempt them with this fabulous open face sandwich. Stack up slices of sautéed veggies on thick chunks of focaccia. Top it off with a scrambled egg. This version uses zucchini, onion, and roasted sweet red pepper, but you can substitute your favorites. The egg provides a delicious serving of top-notch protein.

## Veggie Egg Focaccia (Makes 4 servings)

- 1 Tablespoon olive oil
  - 4 Lengthwise slices zucchini, about 1/4-inch
  - 4 Thin slices onion
  - 2 Large pieces focaccia bread, cut in half crosswise and toasted
  - 1 Jar (12 oz.) roasted sweet red pepper, drained and patted dry
  - 4 Eggs
  - 1/4 Cup skim milk
  - 2 Teaspoons dried oregano, or 1 tablespoon fresh, chopped
  - Salt and pepper, optional
  - 1 Tablespoon butter
  - Tomato slices, optional
  - Fresh oregano sprig, optional
1. In a 12-inch skillet over medium heat, heat oil. Add the zucchini and onion slices and cook until tender. Remove from the skillet.
  2. Cut zucchini in half crosswise and arrange on focaccia. Top with onion.
  3. Add the pepper pieces to the skillet and cook over medium heat until heated through, about 1 minute. Place ¼ of the peppers on each sandwich.
  4. In a medium bowl, beat together eggs, milk, and oregano. Add salt and pepper if desired.
  5. In the same skillet over medium heat, melt butter. Pour in egg mixture. As mixture begins to set, gently draw an inverted pancake turner completely across bottom and sides of skillet forming large, soft curds. Continue cooking until eggs are thickened and no visible liquid egg remains. Do not stir constantly.
  6. Divide egg mixture evenly and arrange over veggies. Garnish with tomato slices and sprig or oregano, if desired. Serve immediately.

**APPROXIMATE NUTRIENT CONTENT** (Per serving of 1/4 recipe using dried oregano without optional ingredients): 392 calories; 19 GM protein; 29 GM fat; 13 GM carbohydrates; 182 MG calcium; 269 MG phosphorous; 682 MG sodium; 202 MG potassium; 284 MG cholesterol. **Know how. Know now.**

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