



THE GENOMIC
KITCHEN

**Influencer Ingredients:
Eggcellent Recipes**

<https://www.genomickitchen.com>



Spinach Quiche with Sweet Potato Crust

4 servings
50 minutes

Ingredients

- 1 Sweet Potato (sliced into thin rounds)
- 3/4 tsp Coconut Oil
- 7 Egg
- 3 Garlic (cloves, minced)
- 8 stalks Green Onion (chopped)
- 4 cups Baby Spinach (chopped)
- 1 Tomato (diced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	182
Fat	9g
Saturated	4g
Polyunsaturated	2g
Monounsaturated	3g
Carbs	11g
Fiber	2g
Protein	13g
Vitamin A	9272IU
Vitamin C	18mg
Calcium	106mg
Vitamin D	72IU
Riboflavin	0.5mg
Niacin	1mg
Vitamin B6	0.4mg
Folate	118µg
Vitamin B12	0.8µg
Magnesium	49mg
Zinc	1mg

Directions

- 1 Preheat oven to 425°F (218°C). Grease a glass pie plate with a bit of coconut oil. Cover the base and sides of the plate with the sweet potato rounds. Layer the rounds until no glass is showing. Bake in the oven for 15 minutes.
- 2 Meanwhile, crack eggs into a mixing bowl and whisk well. Set aside.
- 3 Heat coconut oil in a skillet over medium heat. Add in minced garlic and green onions. Sautee for 3 to 5 minutes. Add in chopped spinach and saute just until wilted. Remove from heat.
- 4 Add spinach mix and diced tomatoes into the egg mix. Season with salt and pepper. Stir well.
- 5 Remove sweet potato crust from the oven. Pour egg mixture over top of the crust. Reduce the temperature of the oven to 375°F (191°C). Place quiche in the oven and bake for 30 to 40 minutes or until the top is golden brown.
- 6 Remove from oven and cut into slices. Enjoy!



Veggie Goat Cheese Omelette

2 servings
15 minutes

Ingredients

- 1 tbsp Tamari
- 1 tbsp Extra Virgin Olive Oil
- 1 cup Mushrooms (sliced)
- 1/4 cup Red Onion (diced)
- 2 Garlic (cloves, minced)
- 2 cups Baby Spinach
- 5 Egg
- 1/3 cup Goat Cheese (crumbled)
- 1/4 cup Parsley (chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	323
Fat	23g
Saturated	8g
Polyunsaturated	3g
Monounsaturated	10g
Carbs	8g
Fiber	2g
Protein	22g
Vitamin A	4129IU
Vitamin C	22mg
Calcium	137mg
Vitamin D	106IU
Riboflavin	0.8mg
Niacin	3mg
Vitamin B6	0.4mg
Folate	142µg
Vitamin B12	1.1µg
Magnesium	53mg
Zinc	2mg

Directions

- 1 Heat a skillet over medium heat and add olive oil and tamari. Saute mushrooms and red onion for 5 minutes or until soft. Add in garlic and saute for another minute. Add in spinach and saute just until wilted. Remove from heat and transfer into a bowl.
- 2 Whisk eggs together in a mixing bowl.
- 3 Place your skillet back over medium heat and add another splash of olive oil to coat the pan. Pour in half the egg mixture. Let sit until egg is cooked most of the way through and then flip. Add half of the sauteed vegetables and half of the goat cheese to one side of the omelette and fold the other half over top. Transfer to a plate and garnish with a bit of chopped parsley, sea salt and pepper.
- 4 Repeat with remaining ingredients to create another omelette. Enjoy!



Arugula & Tomato Egg Muffins

6 servings

30 minutes

Ingredients

- 1 1/2 tps Avocado Oil
- 4 cups Arugula
- 8 Egg
- 1 Tomato (chopped)
- 20 grams Pecorino Romano Cheese (shredded)
- 1/4 cup Parsley (chopped)
- 1/3 cup Unsweetened Almond Milk
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	128
Fat	9g
Saturated	3g
Polyunsaturated	2g
Monounsaturated	3g
Carbs	2g
Fiber	1g
Protein	10g
Vitamin A	1194IU
Vitamin C	8mg
Calcium	128mg
Vitamin D	60IU
Riboflavin	0.3mg
Niacin	0mg
Vitamin B6	0.1mg
Folate	53µg
Vitamin B12	0.6µg
Magnesium	18mg
Zinc	1mg

Directions

- 1 Preheat the oven to 350°F (177°C) and lightly grease a muffin tin with avocado oil.
- 2 In a non-stick skillet over medium-low heat, cook the arugula until just wilted, and then remove from heat.
- 3 In a medium-sized bowl, crack the eggs and then add the arugula, tomato, pecorino romano, parsley, almond milk and sea salt. Whisk everything together.
- 4 Pour the egg mixture into the muffin cups until they are about 3/4 of the way filled.
- 5 Bake for 20 to 22 minutes. Remove from the oven, let cool and enjoy!



Avocado Egg Salad Sandwich

4 servings

15 minutes

Ingredients

- 6 Egg
- 1 Avocado
- 1 cup Baby Spinach (chopped)
- 1 tbsp Dijon Mustard
- 1/4 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 8 slices Bread (toasted)

Directions

- 1 Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Run under cold water to cool. Peel the eggs and chop roughly.
- 2 In a bowl, mash and combine the chop boiled eggs, avocado, baby spinach, dijon mustard, lemon juice, salt and pepper.
- 3 Spread onto toast and enjoy!

Nutrition

Amount per serving	
Calories	348
Fat	19g
Saturated	4g
Polyunsaturated	4g
Monounsaturated	10g
Carbs	30g
Fiber	6g
Protein	14g
Vitamin A	1182IU
Vitamin C	8mg
Calcium	86mg
Vitamin D	62IU
Riboflavin	0.6mg
Niacin	2mg
Vitamin B6	0.3mg
Folate	91µg
Vitamin B12	0.7µg
Magnesium	45mg
Zinc	2mg



Roasted Potato Frittata

6 servings

55 minutes

Ingredients

- 6 stalks Green Onion (chopped, divided)
- 3 Yellow Potato (large, peeled and cut into 1/2-inch cubes)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tsp Italian Seasoning
- 1 tsp Sea Salt (divided)
- 8 Egg
- 1/4 cup Water

Nutrition

Amount per serving	
Calories	220
Fat	11g
Saturated	3g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	20g
Fiber	2g
Protein	11g
Vitamin A	842IU
Vitamin C	23mg
Calcium	57mg
Vitamin D	55IU
Riboflavin	0.3mg
Niacin	1mg
Vitamin B6	0.4mg
Folate	51µg
Vitamin B12	0.6µg
Magnesium	35mg
Zinc	1mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a mixing bowl combine half of the green onions, the potatoes, 3/4 of the oil, the Italian seasoning and 3/4 of the salt. Transfer to the baking sheet and bake for about 30 minutes or until the potatoes are golden brown and tender.
- 3 Meanwhile, in the same mixing bowl whisk the egg, water, the remaining salt and the remaining green onion together. Set aside.
- 4 Use the remaining oil to grease a cast iron skillet and heat the skillet over medium heat.
- 5 Transfer the cooked potatoes to the skillet then pour in the egg mixture. Arrange the potatoes into an even layer then let cook for 5 minutes until the eggs begin to set. Transfer the skillet to the oven and bake for 13 to 16 minutes, or until the eggs have set.
- 6 Let cool slightly before slicing into equal pieces. Enjoy!



Scrambled Eggs with Peppers & Kale

2 servings

15 minutes

Ingredients

- 1 1/2 tpsps Extra Virgin Olive Oil
- 1 Red Bell Pepper (sliced)
- 2 cups Kale Leaves (chopped)
- 6 Egg
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	267
Fat	18g
Saturated	5g
Polyunsaturated	3g
Monounsaturated	8g
Carbs	6g
Fiber	2g
Protein	20g
Vitamin A	3683IU
Vitamin C	96mg
Calcium	142mg
Vitamin D	123IU
Riboflavin	0.8mg
Niacin	1mg
Vitamin B6	0.5mg
Folate	111µg
Vitamin B12	1.4µg
Magnesium	32mg
Zinc	2mg

Directions

- 1 Heat the olive oil in a skillet over medium heat. Add the red bell pepper and kale leaves and saute until softened, about 5 to 7 minutes.
- 2 While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
- 3 Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
- 4 Divide between plates and enjoy!



Zucchini Quiche with Quinoa Crust

4 servings

1 hour 15 minutes

Ingredients

- 3/4 cup Quinoa (uncooked)
- 1 1/4 cups Water
- 6 Egg
- 1 tsp Sea Salt
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 Sweet Onion (finely diced)
- 1 Garlic (clove, minced)
- 2 tsbps Unsweetened Almond Milk
- 1/4 cup Basil Leaves (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 Zucchini (sliced into thin rounds)
- 1/2 cup Goat Cheese (crumbled)

Nutrition

Amount per serving	
Calories	299
Fat	14g
Saturated	5g
Polyunsaturated	3g
Monounsaturated	5g
Carbs	26g
Fiber	3g
Protein	17g
Vitamin A	663IU
Vitamin C	11mg
Calcium	111mg
Vitamin D	65IU
Riboflavin	0.5mg
Niacin	1mg
Vitamin B6	0.4mg
Folate	117µg

Directions

- 1 Place quinoa in a medium-sized saucepan and add the water. Place on the stovetop and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 15 minutes or until all water is absorbed. Remove from the heat and fluff with a fork. Let cool for at least 5 minutes.
- 2 Preheat the oven to 375°F (191°C).
- 3 Crack 1 egg into a mixing bowl and whisk with a fork. Add the quinoa and sea salt. Mix well to combine. Press the mixture down into the base of a glass dish to form a crust. Bake in the oven for 20 minutes or until slightly golden.
- 4 Meanwhile, heat your olive oil in a frying pan over medium heat. Sauté your onion for about 8 to 10 minutes or until translucent. Add in the minced garlic and sauté for another minute.
- 5 Crack the remaining eggs into a mixing bowl and add almond milk. Add in the onion/garlic, basil and season generously with sea salt and pepper. Cover the crust with this mix and then press the zucchini chunks into the mix and over the top. Bake in the oven for 45 minutes.
- 6 Remove from oven and sprinkle goat cheese over top. Let cool slightly before serving. Enjoy!

Vitamin B12	0.7µg
Magnesium	88mg
Zinc	2mg



Egg Salad Bites

2 servings

30 minutes

Ingredients

- 4 Egg (hard-boiled)
- 1/4 stalk Celery (finely chopped)
- 1/4 stalk Green Onion (finely chopped)
- 1 1/2 tsps Dijon Mustard
- 2 tsbps Extra Virgin Olive Oil
- 1 tbsp Water
- 1/8 tsp Sea Salt
- 113 grams Whole Grain Crackers

Nutrition

Amount per serving	
Calories	540
Fat	35g
Saturated	7g
Polyunsaturated	10g
Monounsaturated	16g
Carbs	39g
Fiber	2g
Protein	17g
Vitamin A	625IU
Vitamin C	0mg
Calcium	68mg
Vitamin D	82IU
Riboflavin	0.6mg
Niacin	2mg
Vitamin B6	0.3mg
Folate	107µg
Vitamin B12	0.9µg
Magnesium	29mg
Zinc	2mg

Directions

- 1 Peel the hard-boiled eggs and slice in half. Separate the whites from the yolk. Finely chop the egg whites and keep the yolks set aside for later.
- 2 In a mixing bowl combine the chopped egg whites, celery and green onion.
- 3 In a second mixing bowl, add the egg yolks and mash with a fork until smooth. Stir in the Dijon mustard, olive oil, water, and salt. Add the egg white mixture to the egg yolk mixture and gently stir to combine.
- 4 Spoon the egg salad onto the crackers and serve immediately. Enjoy!



Mexican Black Bean Omelette

1 serving
15 minutes

Ingredients

- 1 1/2 tps Coconut Oil
- 2 Egg (whisked)
- 2 tbsps Unsweetened Almond Milk
- 1/4 Green Bell Pepper (finely diced)
- 1/2 cup Black Beans (cooked, drained and rinsed)
- 1/4 cup Mushrooms (diced)
- 3/4 tsp Chili Powder
- 1/2 tsp Nutmeg
- 1/2 tsp Paprika
- Sea Salt & Black Pepper (to taste)
- 1/4 Avocado (diced)

Nutrition

Amount per serving	
Calories	427
Fat	25g
Saturated	10g
Polyunsaturated	4g
Monounsaturated	9g
Carbs	30g
Fiber	13g
Protein	23g
Vitamin A	1952IU
Vitamin C	30mg
Calcium	157mg
Vitamin D	96IU
Riboflavin	0.7mg
Niacin	3mg
Vitamin B6	0.5mg
Folate	225µg

Directions

- 1 Place coconut oil in a frying pan and place on medium-low heat.
- 2 Mix eggs, almond milk, green pepper, mushrooms, half the black beans, chili powder, nutmeg and paprika in a mixing bowl. Beat with a fork.
- 3 Pour egg mixture into frying pan and let cook for about 3 minutes. Fold in half when underside of omelette begins to brown and let cook for another 3 minutes. (Note: If you are making more than 1 serving, you will have to divide the egg mixture and cook it in portions.)
- 4 Top with diced avocado and the remaining black beans. Sprinkle with sea salt and pepper to taste. Enjoy!

Vitamin B12	0.9µg
Magnesium	101mg
Zinc	3mg



Kale & Eggs

1 serving
10 minutes

Ingredients

- 1/2 tsp Ghee
- 3 cups Kale Leaves (roughly chopped)
- 2 Egg
- 2 tbsps Pitted Kalamata Olives
- 1 tbsp Nutritional Yeast
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	237
Fat	14g
Saturated	5g
Polyunsaturated	2g
Monounsaturated	5g
Carbs	8g
Fiber	5g
Protein	20g
Vitamin A	3627IU
Vitamin C	59mg
Calcium	236mg
Vitamin D	82IU
Riboflavin	8.1mg
Niacin	40mg
Vitamin B6	7.9mg
Folate	86µg
Vitamin B12	34.7µg
Magnesium	33mg
Zinc	2mg

Directions

- 1 Heat a skillet over medium heat and add the ghee. Once the skillet is hot, add the kale and cook for 2 to 3 minutes, until just wilted, stirring as needed.
- 2 Make two spaces in the kale and crack eggs into each space. Add the olives and season everything with nutritional yeast and sea salt. Cover with a lid and cook for 3 to 4 minutes or until the eggs are cooked to your preference.
- 3 Add the kale, olives and eggs to a plate. Serve and enjoy!