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RECIPE BOOK



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Recipes Included...

1. Breakfast Burrito
2. Egg & Avocado Toast
3. Egg Muffins
4. Roasted Bruschetta Chicken
5. Simple Stir Fry
6. Veggie Lover's Pizza

Special thanks to...

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Board Certified Sports Dietitian

**We thank her for sharing her healthy recipes and
allowing us to pass them to you.**

Happy cooking!





BREAKFAST BURRITO

INGREDIENTS

2 Eggs
1 TBSP Olive Oil
1/4 cup Diced Tomatoes
1/4 cup Diced Bell Pepper
1/4 cup Diced Mushrooms
2 TBSP Milk
1/4 (2 slices) Avocado
2 TBSP Shredded Cheddar Cheese
1 8" Tortilla

DIRECTIONS

1. Beat 2 eggs and milk in a bowl.
2. Sauté tomatoes, peppers, mushrooms in olive oil on medium heat.
3. Pour eggs over the sautéed vegetables and scramble (approx. 3 min).
4. Scoop the scrambled eggs into the tortilla.
5. Add 1 TBSP shredded cheese and sliced avocado on top of the eggs.
6. Fold in the sides of the tortilla and then roll to close and seal into a burrito.



EGG & AVOCADO TOAST

INGREDIENTS

1 slice Multigrain or Sourdough Bread
1/4 Avocado
3 slices Tomatoes
1 Egg

DIRECTIONS

1. Toast bread.
2. Heat a small nonstick skillet over low heat, spray with cooking oil and add gently crack the egg into the skillet. Cook to your liking (try over medium heat, solid white but runny yolk!).
3. To assemble: Mash and spread the avocado on the toast, place the sliced tomatoes on the avocado, and top with your egg.



EGG MUFFINS

INGREDIENTS

½ cup chopped Mushrooms
½ cup chopped Onions
½ cup chopped Peppers
2 TBSP Olive Oil
10 Eggs
1 cup of Milk
½ cup shredded Cheese
1/2 TSP salt, ½ tsp Pepper

DIRECTIONS

1. Preheat oven to 350*.
2. Sauté mushrooms, onions, peppers in olive oil.
3. Divide veggie mixture into a large muffin tin (12 muffins).
4. Sprinkle a little bit of cheese on top of each “muffin” of veggies.
5. Beat 10 eggs together in a bowl with milk, salt and pepper.
6. Pour egg and milk mixture into each “muffin.”
7. Bake for 25 minutes.
8. Serve with breakfast potatoes or whole grain toast!



ROASTED BRUSCHETTA CHICKEN

INGREDIENTS

6 boneless skinless Chicken Thighs
12 mini Bell Peppers
6 TBSP roasted Red Pepper
3 TBSP Olive Oil
Salt, Pepper (to taste)
Rice

DIRECTIONS

1. Place chicken and peppers on large baking sheet.
2. Top each chicken thigh with 1 TBSP of red peppers .
3. Roast with olive oil, salt and pepper at 450* for 35 minutes
4. Serve over rice.





SIMPLE STIR FRY

INGREDIENTS

1 lb Chicken or Beef or Shrimp
or Tofu
½ cup chopped Peppers
½ cup chopped Carrots
½ cup chopped Sugar Snap Peas
¼ cup chopped Scallions
2 TBSP oil
5 TBSP Teriyaki Sauce
Rice or Quinoa

DIRECTIONS

1. Sauté chicken (or beef or shrimp or tofu) and oil on medium-high heat for 7 minutes.
2. Add all vegetables and continue to sauté for 7 minutes.
3. Add teriyaki sauce and sauté for 3 more minutes.
4. Serve on top of rice or quinoa.

NOTE:

Substitute other veggies if you prefer (mushrooms, onions, broccoli).

Consider another sauce to change it up (sesame ginger, Thai peanut, or Sweet Asian BBQ sauce).



VEGGIE LOVER'S PIZZA

INGREDIENTS

1 lg Dough
(support the local pizzeria- buy their dough!)

2 TBSP Olive Oil

½ cup chopped Spinach

½ cup chopped Peppers

½ cup chopped Tomatoes

½ cup chopped Onions

2 TSP dried Italian Seasoning herbs
(or mix your own- parsley, oregano, salt, pepper, garlic)

1 ½ cups Tomato Sauce

1 cup shredded Mozzarella Cheese

DIRECTIONS

1. Pre-heat the oven to 450*.
2. Sauté all vegetables and dried herbs together on medium heat for 10 minutes.
3. Spray a large circular pan or a rectangular cookie sheet with non-stick cooking spray.
4. Roll out the pizza dough so it touches all edges of the pan.
5. Spread tomato sauce on top of dough.
6. Spread vegetables on top of sauce.
7. Place in the oven for 10 minutes.
8. Sprinkle cheese all over the top of the pizza and bake for 5-10 more minutes (depending on how you like your crust). Enjoy!

