



Stuffed Mediterranean Baguette

Preparation Time: 15 min
Cooking Time: 15 min

MAKES 6 SERVINGS

INSTRUCTIONS

Step 1

Whisk eggs and dill; set aside.

Step 2

Spray large non-stick skillet with cooking spray. Heat skillet over medium-high heat. Add zucchini and cook for 3 minutes. Pour in egg mixture and immediately reduce heat to medium-low. As mixture begins to set, gently move spatula across bottom and sides of skillet to form large, soft curds. Cook until eggs are thickened and no visible liquid egg remains, about 5 minutes.

Step 3

Add cream cheese and stir until melted; remove skillet from heat. Stir in peppers and olives; let cool slightly.

Step 4

Cut baguette in half lengthwise and pull out some of the bread leaving about a 1/2 inch (1 cm) edge. Spoon egg mixture into bottom of baguette; top with other half. Slice into six pieces or wrap well with plastic wrap and refrigerate for up to one day before serving.

INGREDIENTS

5 eggs

1 tbsp / 15 mL chopped fresh dill
(or 1 tsp/5 mL dried dill)

1 small zucchini (about 6 inches/15 cm), grated

1 tbsp / 15 mL low fat cream cheese

1/2 cup / 125 mL diced jarred roasted
red peppers*

1 tbsp / 15 mL chopped pitted kalamata olives

1 soft crust whole wheat baguette

Nutrition Information

Per serving (101 g)
Amount (and % Daily Value)

Calories 188
Fat 5 g
Saturated 2 g
+ Trans 0.0 g

Cholesterol 162 mg
Sodium 162 mg
Carbohydrates 11 g

Fiber 1 g
Sugars 1 g
Protein 12 g

TIPS

Substitute with fresh peppers if you do not have jarred roasted red peppers.

Use bread removed from baguette to make bread crumbs; freeze to use in another recipe.

Contributor:

Recipe provided by Egg Farmers of Canada.