



Eggs: Simply Incredible and Irresistible!

Incredible Pasta Salad

Serves 8-12

- 1 (16 oz.) box tri-color Rotini pasta, cooked/drained/chilled
- $\frac{2}{3}$ cup cucumbers, bite-size pieces
- $\frac{2}{3}$ cup carrots, bite-size pieces
- 1 small onion, bite-size pieces
- 1 (2.25 oz.) can black olives, sliced/drained
- 1 (8 oz.) package edamame, cooked/shelled (soybeans)
- 1 (15 oz.) can garbanzo beans, rinsed/drained
- 4 hard-cooked egg whites, chopped
- 2 avocados, bite-size pieces
- 1 container cherry grape tomatoes, whole/rinsed/drained
- 1 cup balsamic dressing
- $\frac{1}{2}$ cup champagne vinaigrette
- Garlic salt, to taste
- Pepper, to taste
- Alfalfa sprouts
- Fresh Parmesan cheese, grated

In a large bowl, combine pasta, cucumbers, carrots, onions, olives, edamame, garbanzo beans, egg whites, avocados, and tomatoes. Toss well. Combine balsamic and champagne vinaigrette; mix well. Pour dressing over pasta mixture and toss. Sprinkle with garlic salt and pepper; mix well. Garnish with alfalfa sprouts and cheese, if desired. Serve chilled.

Incredible Omelet Rolls

Makes 24 Pieces

- 2 eggs
- 2 tablespoons water
- Vegetable spray
- 2 crab-flavored seafood sticks, (or) fresh crab meat
- 4 slices bacon, cooked/drained
- 1 small avocado/sliced in strips
- 1 cup Sushi (American Koshihikari) rice, prepared per instructions
- 2 tablespoons seasoned rice wine vinegar, if needed
- 2 sheets Sushi Wasabi seaweed (noir)
- Sushi Wasabi
- Soy sauce

Combine eggs and water, beat well. In a skillet, spray with vegetable spray (using vegetable spray will make the omelet less moist). Using a spatula, move the egg around the sides of the skillet to allow the eggs to cook. Once omelet is done on one side, flip and cook the other side. Slide omelet onto a plate and cut into 4 slices, set aside. Cut crab sticks in half, cut bacon slices in half (vertical), prepare avocado, and set aside. Prepare rice per instructions and proceed to make rolls. Cut one sheet of seaweed in half (lengthwise); place half sheet shiny side down in palm of your hand. Spread $\frac{1}{4}$ cup rice over seaweed half, leaving about $\frac{1}{2}$ inch at the end to help seal the roll. Place slice of omelet, crab, bacon (use 2 halves, which equals 1 piece), and avocado on the end with the rice. Start at that end and roll tightly until completely rolled. Using a sharp paring knife, cut roll into 6 pieces and serve as a single serving or onto a platter. Serve with Sushi Wasabi and soy sauce.

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