

# PARMESAN EGG CLOUDS

Eggs are a wonderful source of protein that many people enjoy for breakfast. Keep it interesting by changing up the scrambled or over-easy standards and adding an occasional “egg surprise” like this unique texture and flavor.

## INGREDIENTS

- 4 large eggs, yolks and whites separated
- Pinch of salt
- ¼ cup finely grated Parmesan cheese
- 1 scallion, finely chopped
- Ground pepper to taste

## DIRECTIONS

### STEP 1

Preheat oven to 450 degrees F. Line a large baking sheet with parchment paper. Lightly coat with cooking spray.

### STEP 2

Separate egg whites from the yolks, placing each yolk in an individual small bowl. Beat all of the egg whites and salt in a mixing bowl with an electric mixer on high speed until stiff. Gently fold Parmesan and scallions into the beaten whites with a rubber spatula. Make 4 mounds (about ¾ cup each) of egg-cheese mixture on the prepared baking sheet. Make a well in the middle of each mound with the back of a spoon.

### STEP 3

Bake the egg whites until starting to lightly brown, about 3 minutes. Remove from oven. If the well has filled in during baking, use the spoon to recreate it. Gently slip a yolk into each well. Bake until the yolks are cooked but still runny, 3 to 5 minutes more. Sprinkle with pepper. Serve immediately.

## NUTRITION FACTS

Serving Size: 1 cloud egg

Per Serving: 94 calories; protein 7.8g; carbohydrates 1.4g; dietary fiber 0.1g; sugars 0.3g; fat 6.2g; saturated fat 2.3g; cholesterol 190.3mg; vitamin a iu 356.5IU; vitamin c 0.7mg; folate 26.2mcg; calcium 73.7mg; iron 1mg; magnesium 8.6mg; potassium 89.3mg; sodium 198.1mg.



**Wisconsin Athletic Club**

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