



# **Omelets, Quiches & Egg Casseroles: Main Dish Recipes For Breakfast, Brunch, Lunch & Dinner! (Southern Cooking Recipes Book 21)**

*S. L. Watson*

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*S. L. Watson*

## **Omelets, Quiches & Egg Casseroles: Main Dish Recipes For Breakfast, Brunch, Lunch & Dinner! (Southern Cooking Recipes Book 21) S. L. Watson**

Breakfast for dinner? How many times have you eaten breakfast for dinner? When the family is starving and you need to fix a hearty quick meal, eggs are just the ticket for quick meals. Even late at night or in the wee hours of the morning, we all crave hearty egg dishes.

Eggs are comfort food and most everyone loves them. Egg casseroles, quiches and omelets are not just for breakfast. I've included a wide variety of recipes for breakfast, brunch, lunch or dinner. With over 90 recipes, you can whip up a main dish meal in no time using eggs, various meats and vegetables.

Quiche is easy to prepare and with frozen or store bought pie crust, you can have a quiche in the oven in no time. I've included my 2 favorite crust recipes for quiche.

If you are on a low carb diet, most quiches can be baked without the crust. Spray the pan well with non stick cooking spray and add the filling. Voila! You have a lower carb quiche!

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