

Fish and Shellfish

Eggs & Lox with scallions on a Gillian's gluten free onion roll.

Ingredients:

Serves 4

Prep time: 15 minutes. Cook time 25-30 minutes

Butter or virgin olive oil

Salt and cracked pepper, to taste

3 oz. smoked salmon, sliced thin

1 medium onion, sauteed

1 bunch scallions

2 large eggs

Instructions:

1. Preheat oven to 325 degrees, warm a large oven ready dish coated with olive oil or butter.
2. In a large bowl, whip eggs with salt and pepper until frothy, add salmon, onions and scallions, whip lightly again.
3. Remove cooking dish from oven and add egg mixture.
4. Bake until eggs are cooked and not runny, keeping in mind that they will cook for several minutes after they are removed from the oven.
5. Microwave a roll for one and a half minutes, toast until golden brown, and top with butter or cream cheese

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