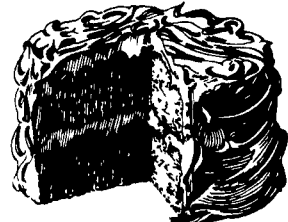


Home On The Range



'Eggsactly' Right Recipes For Incredible Eating

It's incredible what eggs can do for any menu. Souffles, frittatas, omelets, quiches, egg salads and desserts.

Eggs are one of today's best food buys. If large eggs are selling for \$1 a dozen, they're less than 70 cents a pound with no bone, little waste and no shrinkage during proper cooking.

At only 80 calories per large egg, they supply high-quality protein, iron, phosphorous, trace minerals, vitamins A, D, E, K and all the B vitamins. Compare egg prices by the pound with the prices of other protein foods and consider the value of eggs in nutritious menus.

The American Egg Board has numerous recipes, nutritional information and the answers to often-asked questions about eggs. To obtain the information, write to the American Egg Board, 1460 Renaissance Drive, Park Ridge, IL 60068.

CRISPY EGG CROQUETTES

6 hard boiled eggs
2 tablespoons chopped parsley
½ cup onion
2 tablespoons butter
2 tablespoons flour
½ cup milk
½ cup shredded cheese
Salt and pepper
¼ teaspoon dry mustard
1½ cups cracker crumbs
2 eggs slightly beaten for dipping

Chop eggs and add parsley, set aside. Saute onion in butter, add flour and milk. Cook until thickened. Add cheese, salt, pepper and mustard. Fold in eggs and parsley. Chill several hours. Form into croquettes, roll in crumbs, then egg and in crumbs again. Chill and fry in deep fat. Or you can use bread crumbs and bake in the oven for 20 minutes at 350 degrees.

Barb Gayman
Chambersburg

OVEN-STYLE SCOTCH EGGS

1 pound loose sausage
8 hard-cooked eggs
1 egg, beaten
Bread crumbs
Divide sausage into 8 portions. On lightly crumb-sprinkled surface, pat out each portion of sausage. Wrap completely around each egg, pressing edges together to seal. Roll sausage-coated eggs in crumbs and dip in beaten egg. Place on baking sheet and bake 375 degrees for 20 minutes.

Barb Gayman
Chambersburg

'EGGTRA-SPECIAL' CHEF'S PASTA SALAD

4 cups spiral macaroni, cooked and chilled

½ cup oriental rice
½ dozen hard-cooked eggs
Sweet-n-sour salad dressing
Cut eggs in half. Remove yolks and refrigerate. Place egg white halves into a flat container; cover with dressing; set in refrigerator to marinate two or more hours.

Italian dressing
1 head Romaine lettuce
¼ cup shredded carrot
½ cup cauliflower flowerettes
½ cup broccoli pieces
½ cup chopped tomatoes
¼ cup cucumber wedges
¼ cup zucchini or squash pieces
½ teaspoon Greek seasoning
½ cup shredded Swiss cheese
½ cup shredded American yellow cheese

2 ounces sauteed Canadian bacon, cut in bite-size pieces
2 ounces deli Swedish ham strips

Russian dressing
In a large salad bowl, break lettuce into bite-size pieces. Add the spiral macaroni, carrot, cauliflower, broccoli, tomatoes, cucumber, zucchini, and seasoning. Add enough Italian dressing to coat. Toss well. Arrange meats and cheeses across the top. Spoon oriental rice into the reserved hard-boiled egg white halves. Crumble egg yolks over rice and salad. Place stuffed eggs onto salad. Drizzle with Russian dressing. Serve with French rolls. Serves 4 to 6.

Linda Baker
Clear Spring, MD

EGGS - A LA CHESAPEAKE

8 eggs
2 tablespoons butter
1 tablespoon chopped parsley
½ teaspoon dry mustard
½ pound crabmeat
1¼ cup whipping cream
¼ teaspoon freshly grated nutmeg

½ cup grated cheese
Salt and pepper to taste
Boil eggs, cool and remove shell. Melt butter in skillet. Add parsley, mustard, nutmeg, and crabmeat. Simmer a few seconds. Slowly stir in cream. Chop eggs, add to pan and heat. Pour into buttered gratin dish. Sprinkle cheese on top. Bake at 400 degrees until golden on top. Serve with boiled noodles. Serves 4.

Babe Nelson
Lansdowne, MD



"Egtra" special recipes will add taste, flavor, nutrition and eye appeal to your menu.

VIV'S HOMEMADE EGG DRESSING

3 cups mayonnaise
3 ounces evaporated milk
1½ tablespoons Worcestershire sauce
1½ tablespoons vinegar
3 tablespoons McCormick Salad Supreme Seasoning®
10 chopped eggs

Mix all ingredients and stir in the cooled chopped hard boiled eggs. This can be kept in the refrigerator for up to 2 weeks. Makes 1 quart of dressing that is good for dips or spreads.

Vivian Heffner
Windsor

QUICK EGG BREAKFAST

1 bouillon cube
1 cup water
2 eggs
Pinch chives
Pinch garlic salt
Dissolve bouillon cube and water in cereal bowl. Stir in eggs, chives, and garlic salt. Cover with saucer and microwave on high 3 minutes.

Vern Achenbach Jr.
Lebanon

Featured Recipe

When Gov. Robert Casey, Sec. of Agriculture Boyd Wolff and their wives visited Lancaster County last week, they stopped by the picturesque farm of Earl and Evelyn Landis, Manheim.

"We found that they are ordinary people — just like us," Earl said.

Evelyn served the group whoopie pie brownies, lemon bars, apple bars and a milk punch. To read more about the Landis's reflections on the visit, look for their story that begins on A1.

WHOOPIE PIE BROWNIES

4 eggs
1 cup melted butter
½ cup cocoa
2 cups granulated sugar
2 cups flour
½ teaspoon soda
1 tablespoon vanilla

Mix together all ingredients, adding melted butter last. Bake at 350 degrees for 15 minutes. With wax paper, line a 9x12-inch and a 8x8-inch baking pan. Cut in half and fill with whoopie pie filling.

Filling:

2 egg whites, beaten
1½ tablespoon vanilla
4 tablespoons milk
4 tablespoons flour
4 cups confectioners' sugar
1½ cup shortening

Combine and beat all ingredients except egg whites. Fold in egg whites after other ingredients are thoroughly mixed. Spread the filling between the halved cake layers.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

April

- 7- Easter Celebrations
- 14- Jello® & Gelatine Recipes
- 21- Veal