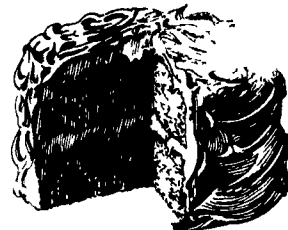


Home On The Range



'Eggsactly' The Right Recipe For Your Menu Needs

Eggs are one of today's best food buys. They supply high-quality protein and a variety of important vitamins and minerals at a very low price.

It's amazing how one little egg can be used in so many different ways. Try these recipes and you're certain to find "eggsactly" the right recipe to satisfy your tastes.

TOMATO-EGG SCRAMBLE

- 1 small onion-minced
- 2 tablespoon butter
- 1 tablespoon flour
- 1 cup tomatoes
- 1 teaspoon Worcestershire

sauce

- ½ teaspoon salt
- sprinkle of pepper
- 6 eggs
- ½ cup milk
- butter

Brown onion in butter. Blend in flour. Stir in tomatoes, Worcestershire sauce, salt and pepper. Simmer till thickened, 5 to 10 minutes. Beat eggs with milk. Cook over low heat in butter in separate skillet, stirring frequently. Fold in tomato mixture. Pour in serving dish. Serve on toast or in sandwiches.

E. Newswanger
Kutztown

EGG CROQUETTES

- 6 hard-boiled eggs
- 2 teaspoons dried parsley
- ½ cup onion, chopped
- 2 tablespoons butter
- 2 tablespoons flour
- ½ cup milk
- ½ cup shredded cheese
- salt and pepper
- ¼ teaspoon dry mustard
- bread crumbs
- 2 eggs for dipping

Chop eggs, add parsley and set aside. Sauté onion in butter, add flour and milk and cook until thickened. Add cheese, salt, pepper, and mustard. Fold in eggs and parsley. Cool and form into balls. Roll each ball in crumbs, then egg and again in crumbs. Chill till ready to bake. Bake at 350 for 20 minutes.

Barb Gayman
Chambersburg

LETTUCE AND EGG SALAD

Lettuce and Egg Salad:

Tear 1 medium head of lettuce into bowl. Slice 4 hard-boiled eggs. Arrange slices over lettuce. Sprinkle with 5 strips crumbled bacon. Pour dressing over top.

Dressing:

In small pan over low heat cook 1 cup mayonnaise and ¼ cup sugar and ½ cup vinegar. Cook till sugar is dissolved. Stir constantly. This dressing scorches quickly.

Cordelia Wolfe
Seven Valleys

SCOTCH EGGS

1 pound loose pork sausage or ground turkey or combination bread crumbs

8 hard-boiled eggs

1 egg for dipping

Divide sausage into 8 portions. On crumb-sprinkled surface, pat out each portion of sausage. Wrap completely around each egg, pressing edges together to seal. Roll sausage coated egg in crumbs and dip in beaten egg. Place on baking sheet and bake at 375 for 20-25 minutes.

Barb Gayman
Chambersburg

RED BEET EGGS

(1) 16 oz. can small or sliced dark red beets

(1) dozen hard-cooked eggs, peeled

1 cup water

½ cup vinegar

½ cup granulated sugar

Drain red beet juice into 2 quart saucepan. Place eggs and red beets into a 2-quart jar or bowl. To the beet juice add the water, vinegar and sugar and bring to a boil.

Pour over red beets and eggs and refrigerate overnight.

Variation:

SUGAR FREE RED BEET EGGS: In place of sugar add 6 packets of Equal to vinegar solution before removing from stove.

Betty Light
Lebanon, Pa.



Eggs are the 'eggsactly' the right ingredient to make an outstanding dish.

TAPIOCA FLUFF

Combine:

1 qt. milk

½ cup (Minute) quick cooking tapioca

¼ cup sugar

Put in double boiler, add 3 slightly beaten egg yolks. Bring to boil, stirring constantly (8 min.). Remove from heat; add 1 teaspoon vanilla. Beat whites and fold in. Cool 20 minutes then stir. Serve warm or chilled.

Cordelia Wolfe
Seven Valleys

ALL-AMERICAN QUICHE TARTS

12 slices whole wheat bread

6 eggs, well beaten

1 can (5 to 6.75 oz.) chunk or shredded chicken, undrained

skim or low-fat milk

½ cup frozen peas, separated

¼ to ½ teaspoon dill weed

1 slice (1 oz.) pasteurized process American cheese, cut into sixths

Cut crusts from bread and discard or save for another use. With rolling pin, roll bread until very flat. For each tart, place 2 slices of the bread 1 on top of another so that corners alternate to make an 8-pointed figure. Roll again. Fit 2 rolled slices into each of 6 lightly greased 6-ounce custard cups, pressing to fit to sides of cups. Brush with small amount of the beaten eggs. Bake in preheated 350F oven 5 minutes.

Meanwhile, drain chicken and mushrooms into liquid measure. Add milk to make ½ cup liquid. Beat into remaining eggs until well blended. Set aside. In medium bowl, stir together drained chicken and mushrooms, peas and dill weed until well combined. Spoon ¼ cup of the chicken mixture into each toast cup. Pour ¼ cup of the reserved egg mixture over chicken mixture in each cup.

Bake in preheated 350F oven 15 minutes. Top each with 1 piece of the cheese. Continue baking until puffed in centers and knife inserted near centers comes out clean, about an additional 5 to 10 minutes. Let stand 5 minutes before serving.

THICK FRENCH DRESSING

about 2 cups

2 eggs

1 cup cooking oil

¼ cup red wine vinegar

1 tablespoon sugar

2 teaspoons paprika

1 teaspoon salt

1 clove garlic, minced

Place all ingredients in 5-cup blender container or small mixing bowl. Cover and blend or beat with

electric mixer or rotary beater at medium to high speed until thoroughly blended. Pour into small saucepan. Cook over low heat, stirring constantly, just until thickened, about 4 minutes. Remove from heat. Cover and chill to blend flavors. Refrigerate any extra dressing.

American Egg Board

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Featured Recipe

Most of us could benefit by cutting down on fat- and sugar-laden sweets and choosing more reasonable end-of-the-meal treats. Lemon De-light Pie is a luscious way to start. This no-bake pie is a sublime combination of lemon-fresh chiffon in a tasty bran-flake crust. When garnished with a colorful arrangement of your favorite summer fruits, it's a refreshing delight for your eye, palate and body.

Many desserts contain ingredients with low nutrient density — they supply food energy, but few needed nutrients. Egg-rich Lemon De-Light Pie is a more practical dessert choice since eggs are a complete protein source and contain 13 vitamins and many minerals. The fresh fruit garnish and bran-flake crust are both sources of complex carbohydrates which many authorities recommend we should consume in increased amounts.

There's no need to turn on the oven when preparing Lemon De-Light Pie. And, but a few minutes of heating to dissolve the gelatin is the only range-top step required.

Lemon De-Light Pie 6 Servings

- 1-½ cups crushed bran flakes (about 6 oz.)
- ¼ cup butter, softened
- ½ cup sugar, divided
- ½ cup lemon juice
- ¼ cup cold water
- 1 envelope unflavored gelatin
- 6 eggs
- Fresh fruit of your choice
- Mint leaves, optional

In medium bowl, stir together bran flakes, butter and 2 tablespoons of the sugar until thoroughly combined. Press on bottom and up sides of 9-inch pie plate. Chill until firm, about 30 minutes.

Meanwhile, in small saucepan, sprinkle gelatin over lemon juice and water. Let stand 1 minute. Cook over low heat, stirring constantly, until gelatin is completely dissolved, about 2 minutes. Chill, stirring occasionally, until mixture mounds slightly when dropped from spoon, about 20 to 30 minutes.

In large mixing bowl, beat eggs at high speed until thick and lemon-colored, about 5 minutes. Gradually add remaining sugar, beating until blended. Gradually beat in chilled gelatin mixture. Pour into prepared crust. Chill until set, several hours or overnight. Garnish with fruit and mint leaves, if desired.

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.

March

23- Easter Favorites

30- If You Like It, Share It

April

6- Veal

13- Cooking With Honey