



Home on the Range

Egg Possibilities

The good egg is hard to beat no matter how you make it.

Eggs are an excellent source of protein and very low in both fat and saturated fat compared with other sources of high quality protein such as red meats and cheese.

Lots of people have scrambled thoughts about eggs since eggs have taken a beating on the medical front for the past two decades. Accused of being high in cholesterol, eggs were dropped from many diets.

Recent research defends the egg. Dietary cholesterol has little effect on people's cholesterol levels. That means the cholesterol you swallow is not the culprit.

The amount of fat you eat and particularly saturated fat has the largest influence on cholesterol readings. Excluding eggs from the diet is one of the least effective ways to manage cholesterol levels. Foods such as buttered biscuits, rich desserts, and potato chips are the foods to limit.

When it comes to what your body needs, eggs are almost "eggs-actly" the perfect food. Of course, you can abuse them. Cooked in a lot of butter or combined with cream can overload the body with too much fat if you need to watch your weight. But for the majority of people, the body maintains a balance: If cholesterol on the dinner plate goes up, production of body cholesterol often goes down.

Try these recipes. You'll find out that eggs are even better than they're cracked up to be.

CREAMED EGGS

- 8 hard-cooked eggs
- 2 cups thin white sauce
- 6 slices toasted bread
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup Velveta cheese

To make white sauce, melt 3 tablespoons butter in saucepan. Add 2 tablespoons flour, salt, and pepper. Stir until well blended. Slowly add 2 cups milk, stirring constantly until a smooth paste is formed. Add diced cooked eggs to white sauce. Stir in cheese. Heat until hot. Serve over buttered toast.

Our family enjoys sliced, cooked ham layered on toast also.

Our family operates a layer poultry farm and we enjoy eggs fixed many ways.

Esther Mae Horst
Waynesboro

BREAKFAST DUTCH BABIES

- 6 tablespoons butter
- 6 eggs
- 1 cup milk
- 1 cup flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt

Use 2-3-quart casserole dish. Place casserole dish with butter into oven until butter is melted. In blender, blend eggs until frothy. Slowly add milk, flour, baking powder, and salt. Blend well. Slowly pour into casserole dish.

Bake at 375 degrees for 40-45 minutes or until puffy and brown. Serves 4. Good served with syrup.

Lucinda Martin
Schaefferstown

HAM AND CHEESE QUICHE

- 2 cups biscuit baking mix
- 1/2 cup cold water
- 3 eggs, beaten
- 1 cup sour cream
- 1 cup shredded cheddar cheese
- 1/2 cup chopped green onions
- 1/2 teaspoon onion salt
- 1 cup chopped cooked ham

Heat oven to 425 degrees. Grease 12-inch pizza pan. Mix baking mix and water until soft dough forms. Beat vigorously 20 strokes. Smooth dough into ball and knead 5 times. Press into pizza pan. Bake 10 minutes.

Mix eggs, sour cream, cheese, onions, and onion salt. Pour over crust. Sprinkle ham on top. Bake about 25 minutes or until set. Let stand 5 minutes before cutting.

Sallie Jo Nailor
Enola

BROCCOLI QUICHE

- 10-inch pie shells
- 1 cup shredded Swiss cheese
- 4 eggs, beaten
- 1 pint half and half cream
- 1/4 cup chopped onion
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 pound finely chopped cooked broccoli

Prick bottom of pie shell. Bake at 425 degrees for 6-8 minutes. Cool.

Sprinkle cheese and onion evenly into pie shell. Then sprinkle broccoli over cheese and onion.

Combine eggs, cream, salt and pepper. Beat well. Pour into pie shell. Bake 425 degrees for 15 minutes. Reduce heat to 300 degrees. Bake until fork comes out clean, about 30 minutes.

Sallie Jo Nailor
Enola



If you don't have time to start your day with an omelet, make it for lunch, dinner, or brunch. Garden Omelet is packed with protein, vitamins, and minerals to give you "eggs-actly" what your body needs.

EGG AND HAM CUPS

- 1 1/2 cups ground cooked ham
- 7 large eggs
- 1 1/2 tablespoon water
- 6 pieces toast or English muffin slices

6 parsley sprigs
Preheat oven to 325 degrees. Grease 6 cup muffin tin with butter or vegetable spray.

Place ground ham in a medium bowl. Beat together 1 egg and water and mix into ground ham. Mix thoroughly and pat into the bottom and sides of each cup.

Break one egg into each ham cup. Place in middle shelf of oven and bake 10 to 15 minutes or until white of egg is set.

Remove and place each egg cup on piece of toast and garnish with parsley. Serve immediately. Yields 6 servings.

B. Light
Lebanon

YELLOW ANGEL FOOD CAKE

- 8 egg whites
 - 1/4 teaspoon cream of tarter
 - 1/4 teaspoon salt
 - 1 cup granulated sugar
- Beat egg whites until foamy, add cream of tarter and salt. Beat until stiff, then add sugar gradually, beating until peaks form. Set aside.

- 8 egg yolks
- 1/2 cup sugar
- 2 teaspoons vanilla
- 1 cup flour
- 2 tablespoons cold water

Beat egg yolks until fluffy. Add sugar gradually. Add flour, water, and vanilla. Fold in by hand the egg white mixture. Bake at 325 degrees for 60 minutes in a 10-inch ungreased tube pan.

Esther Mae Horst
Waynesboro

DEVEILED EGGS

- 8 hard-cooked eggs
- 4 teaspoon vinegar
- 3 tablespoons mayonnaise
- 1/4 teaspoon prepared mustard
- 1 tablespoon milk
- 1/4 teaspoon pepper
- 1/4 teaspoon salt

Cut eggs in half lengthwise. Remove yolks, mash while warm. Add remaining ingredients. Mix well and refill egg whites. Sprinkle with paprika. To make an excellent smooth-texture yolk mixture, blend in a food processor.

Esther Mae Horst
Waynesboro

MUSTARD EGGS

- 12 hard-cooked eggs
- 3 tablespoons prepared mustard
- 1/3 cup granulated sugar
- 1/2 cup vinegar
- 1 cup water
- Pinch salt

Mix together mustard and sugar, add vinegar and water. Heat. Pour over whole hard-cooked eggs. Store in refrigerator for a day or so to develop flavor.

Esther Mae Horst
Waynesboro

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Featured Recipe

Jump start your day with a protein-packed breakfast of eggs. Omelets remain one of the most popular entrees on the breakfast menu.

But omelets are no longer confined to breakfast menus. They keep popping up at buffets, for lunch, and even for dinner. People who don't have time to prepare an omelet before rushing off to work are enjoying them at other times of the day.

Whether it's breakfast, a buffet, lunch or dinner, eggs are "eggs-actly" a great way to fill your body's protein needs.

GARDEN OMELET 4 servings

- 2 tablespoons bottled reduced-fat Italian salad dressing
- 1/2 cup shredded carrots
- 1/4 cup chopped green onions with tops
- 1/4 cup chopped green peppers
- 1/2 cup chopped peeled cucumbers
- 1 medium tomato, chopped
- 8 eggs

- 1/2 cup skim milk
- 1/2 teaspoon salt, optional
- 4 teaspoons cooking oil, divided
- 1 cup alfalfa sprouts

In small saucepan over medium heat, cook dressing, carrots, onions, and peppers until tender. Stir in cucumbers and tomatoes. Set aside; keep warm.

Beat together eggs, milk, and salt, if desired. In 7- to 10-inch omelet pan over medium heat, heat 1 teaspoon oil until just hot enough to sizzle a drop of water. Pour in 1/2 cup of the egg mixture. Mixture should set immediately at edges. With inverted pancake turner, carefully push cooked portions at edges toward center, tilting pan and moving cooked portions so uncooked portions can reach hot pan surface.

When top is thickened and no visible liquid egg remains, fill with one-fourth of the vegetable mixture and 1/4 cup alfalfa sprouts. Fold omelet in half. Invert onto plate. Repeat for remaining omelets.

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 listed below.

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