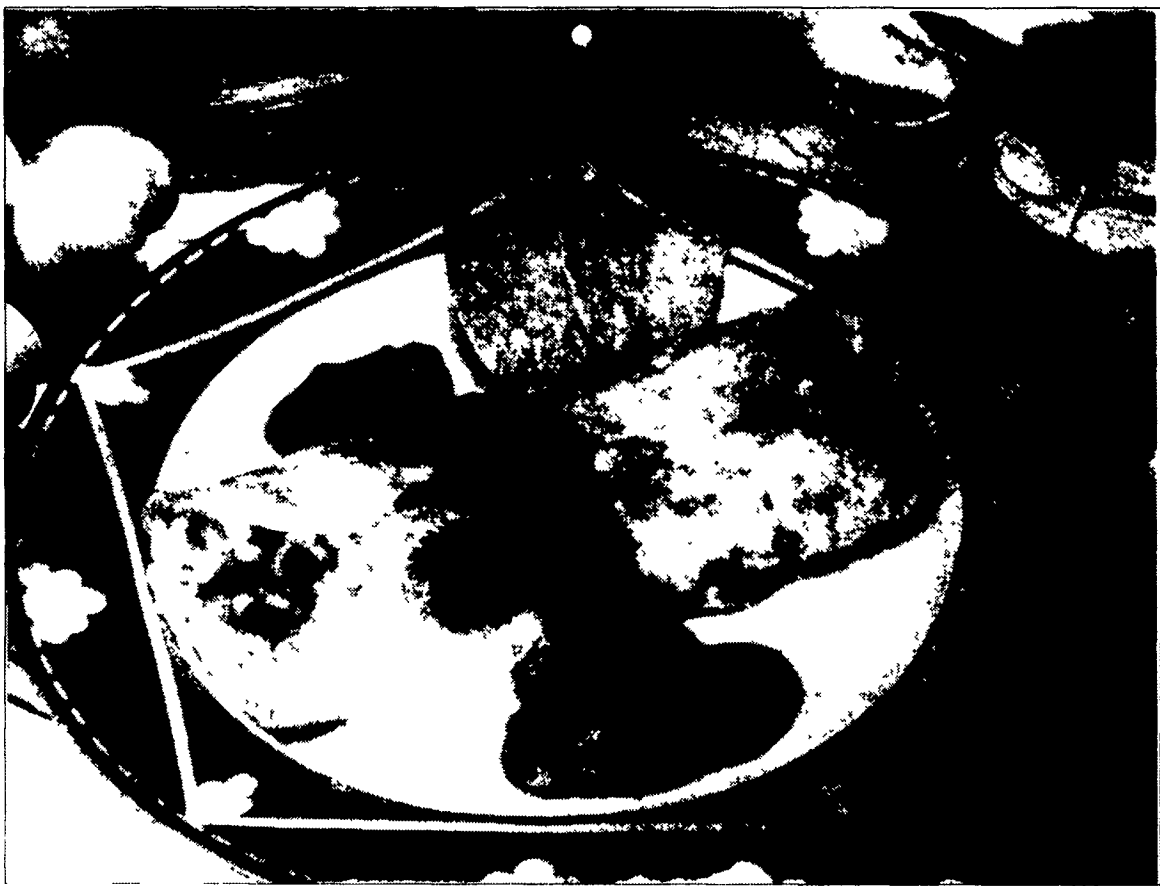


Home on the Range



Serve omelets anytime of the day for a nutritious boost that make a complete meal.

Wake Up To Eggs

WAKE-UP CASSEROLE
Layer in greased 9x13-inch baking dish:
6 cups cooked potatoes, grated
2 cups cheddar cheese
2 cups cooked cubed ham
Onion, celery, peppers, chopped, as much as desired
Beat together the following and pour over all:
7 eggs
1 cup milk
½ teaspoon dry mustard
Cover and bake at 350 degrees for one hour. Uncover and bake 15 minutes more. Good for brunch.

Mabel Harnish
Willow Street

SCRAMBLED EGGS WITH CHEESE
4 eggs
½ cup milk
½ cup cheese, your choice, shredded or diced
Salt and pepper to taste
Butter
Beat together eggs and milk. Mix in cheese. Add salt and pepper to taste. Melt a pat of butter in skillet and add egg mixture. Cook on medium heat for 5-10 minutes, or until eggs aren't runny. Makes 2 servings.

Sara Derstine
Tioga Co. Dairy Ambassador

SUNDAY BRUNCH CASSEROLE
1 pound bulk sausage
8 eggs
10 slices bread, cut into cubes (about 9-10 cups)
3 cups milk
2 cups shredded cheddar cheese
2 cups sliced fresh mushrooms
10-ounce package frozen cut asparagus, thawed, drained
2 tablespoons melted butter
2 tablespoons flour
1 tablespoons dry mustard
2 teaspoons dried basil
1 teaspoon salt
Crumble sausage into large skillet. Cook over medium heat until browned, stirring occasionally. Drain off drippings. Whisk eggs in large bowl. Add sausage and remaining ingredients. Combine well. Spoon into 9x13-inch baking dish. Cover and refrigerate eight hours or overnight. Preheat oven to 350 degrees. Bake 60-70 minutes or until knife inserted near center comes out clean. Let stand five minutes before cutting into squares. Serve hot.

Julie Hoover
Douglassville

CINNAMON NOODLE KUGEL
Cooking spray
4-ounces Neufchatel cheese
4-ounces fat-free ricotta cheese
½ cup sugar
4 eggs
1 cup skim or low-fat milk
½ cup butter, melted
½ teaspoon ground cinnamon
8-ounces dry egg noodles, cooked according to package directions
Additional cinnamon, optional
Preheat oven to 350 degrees. Evenly coat a 1½-quart casserole dish with cooking spray.
In large bowl, beat together cheeses until light and fluffy. Gradually beat in sugar until thoroughly blended. Beat in eggs, one at a time, until blended. Gradually beat in milk, butter, and cinnamon until smooth. Stir in noodles. Pour mixture into prepared casserole dish, smoothing top and sprinkling with extra cinnamon, if desired. Bake until thermometer inserted near center registers at least 160 degrees and kugel is a light, golden brown, about 35-40 minutes. Allow to cool 10 minutes before serving.

FIRECRACKER DEVILED EGGS
6 hard-cooked eggs
¼ cup mild salsa
3 tablespoons reduced-fat sour cream
3 tablespoons minced green onion
1 tablespoon chopped black olives
1 teaspoon lemon juice
Green onions, red pepper strips or parsley, optional
Cut eggs in half lengthwise. Remove yolks and set whites aside. In small bowl, mash yolks with fork. Stir in remaining ingredients until well blended. Refill whites, using one heaping tablespoons yolk mixture for each egg half. Chill to blend flavors. Garnish with green onions, red pepper strips or parsley if desired.

Featured Recipe

Creativity and culinary excellence are what you will serve guests with this omelet.
A variety of peppers and salsas are showing up at omelet bars across the nation. You can offer the same bold, dramatic flavor at home.
Peppers, chili, taco sauces and salsas lend themselves to egg dishes. Vary the flavor by experimenting with a variety of chili peppers and sauces. Substitute a variety of vegetables.
Serving an omelet is as easy as cracking an egg. Get crackin'!

OMELET PIQUANT
½ cup chopped sweet red or green peppers
½ cup water, divided
1 8.5-ounce can cream-style corn
4-ounce can chopped green chilies
2 tablespoons minced green onions with tops
¼ teaspoon garlic powder
1 tablespoon butter, divided
6 eggs
¼ cup taco sauce, divided
In small saucepan, stir together peppers and 2 tablespoons water. Cover and cook over medium heat, stirring occasionally, until tender, about 4-5 minutes. Stir in remaining vegetables and garlic powder. Cook until heated through. Keep warm.
In medium bowl, beat together eggs and remaining water until blended. For each omelet, heat 1 teaspoon of butter in 10-inch omelet pan or skillet over medium heat until just hot enough to sizzle a drop of water. Pour in half cup of the egg mixture. Mixture should set immediately at edges. With an inverted pancake turner, carefully push cooked portions at edges toward center so uncooked portions can reach hot pan surface, tilting pan and moving as necessary.
When top is thickened and no visible liquid egg remains, spoon ½ cup reserved hot corn filling down the center of the omelet. With pancake turner, fold sides of omelet over filling. Gently slide onto plate. Top with ¼ cup taco sauce. Repeat with remaining omelets.

Cloudy egg white nothing to worry about

When I cracked an egg open last week, the white was cloudy. Was it unsafe, or just old?

Expiration dates on egg cartons aren't very good indicators of safety, either. They just indicate when the eggs were packed. The U.S. Department of Agriculture says as long as you purchase a carton of eggs before the date expires, you should be able to use all the eggs safely for three to five weeks after you purchase them.

Some egg cartons are stamped with packing dates, indicated with a three-digit code, instead of expiration dates. Packing dates are numbered 001 to 365, with Jan 1 being 001 and Dec 31 being 365. However, no matter how old (or young) the eggs are, it won't help anyone determine if the egg is contaminated with *S. enteritidis*.

That's why it's so important to keep eggs refrigerated — *S. enteritidis* can't multiply at temperatures below 45 degrees. Only an estimated 1 in 20,000 eggs is contaminated with the bacteria. Cooking eggs thoroughly kills the bug, but people still use raw eggs in certain recipes (or aren't careful enough to prevent cross-contamination between raw eggs and other consumables). That has made tens of thousands of people ill in the last 15 years, and has killed several dozen. Refrigerating eggs is the best defense.

Chow Line is a service of The Ohio State University. Send questions to Martha Filipic, 2021 Coffey Road, Columbus, OH 43210 1044, or filipic.3@osu.edu

Recipe Topics

If you have recipes for 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. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

- April
 - 13 — Asparagus and Rhubarb Recipes
 - 20 — Cooking With Lamb
 - 27 — Grilled Cheese Favorites
- May
 - 4 — Cooking With Seafood