

# FOOD

Recipes from "Think Fast, Think Eggs," the North Carolina Egg Association 2004 calendar.

## HERBED EGG DUMPLING SOUP (4 servings)

- 4 eggs
- 1 cup Italian seasoned dry breadcrumbs
- 3/4 cup all-purpose flour
- Water
- 1 teaspoon salt
- 3 cans (14.5 oz. each) fat-free, reduced-sodium chicken broth.
- 1 1/2 cups julienne zucchini, approximately 2 small
- 1 1/2 cups shredded carrots, approximately 2 medium
- 1/4 cup thinly sliced green onions with tops

In small bowl, beat eggs. Stir in breadcrumbs and flour until well blended. On a floured board, shape mixture into 1 log about 1 1/2 inches in diameter. Cut log evenly into 12 pieces. Cut each slice into quarters. In a large saucepan, bring 2 quarts of water to boiling. Stir in salt. Add dumpling dough and cook over medium-high heat until firm and thoroughly cooked, about 5 minutes. Remove with a slotted spoon.

Meanwhile, in medium saucepan over high heat, heat chicken broth, zucchini, and carrots to boiling. Reduce heat and simmer until carrots and zucchini are tender, about 5 minutes. Stir in cooked dumplings. Garnish with green onions.

## EGGS FLORENTINE OLE! (4 servings)

- Cooking spray
- 1 package (10 oz.) frozen chopped spinach, thawed and well drained
- 4 eggs
- 1/2 cup chunky salsa
- 1/4 cup shredded Monterey Jack cheese.
- Sour half and half or reduced-fat sour cream, optional.
- Additional salsa, optional.

Preheat oven to 325F. Evenly coat 4 (6 oz.) custard cups with cooking spray. Press about 1/4 cup spinach into each cup. With back of spoon, make an indentation in center of spinach. Break and slip an egg into each indentation. Top each with 1 tablespoon salsa and 1 tablespoon cheese. Bake until whites are completely set and yolks begin to thicken but are not hard, about 20 to 25 minutes. Top with sour half and half and/or additional salsa, if desired.

## HAM & ASPARAGUS STRATA (6 servings)

- Cooking spray.
- 12 to 16 slices (1/2-inch thick) French or Italian bread, divided.
- 1 cup (4 oz.) shredded Italian blend cheese, divided.
- 1 cup (4 oz.) chopped cooked lean ham, divided.
- 8 oz. fresh asparagus spears, cut into 1-inch pieces, about 2 cups, divided.
- 6 eggs
- 1 cup nonfat, or low-fat milk
- 2 tablespoons lemon juice
- 1/4 teaspoon garlic powder

Evenly coat 8-inch square baking dish with spray. Layer half of the bread on bottom of dish. Sprinkle with 1/2 cup of the cheese, 1/3 cup of the ham, and 1 cup of the asparagus. Cover with remaining bread, lay-

ing slices flat or in a shingled pattern. Sprinkle with remaining cheese, ham, and asparagus. In medium bowl, beat together eggs, milk, lemon juice, and garlic powder. Pour evenly over layers. Cover with plastic wrap.

Microwave on full power 5 minutes. Rotate dish 1/4 turn. Microwave on 50% power, rotating dish 1/4 turn each 3 to 5 minutes until thermometer inserted near center reads 160F and/or knife inserted near center comes out clean, about 10 to 12 minutes.

\*Note - All microwave cooking times are based on full power output of 600 to 700 watts. For a lower wattage oven, allow more time.

Conventional oven: Preheat oven to 350F. Prepare strata as above. Cover dish with aluminum foil. Bake until thermometer inserted near center reads 160F and/or knife inserted near center comes out clean, about 40 to 45 minutes.

## EGG-SCEED-INGLY PRETTY EGGS

Create eggsquisite designs with dried materials, craft glue, and a dozen or two eggs. Start by washing and drying each egg. Then make a hole in both ends by pricking 3 or 4 times with a darning or regular needle. If you want to use the contents of the egg later, don't forget to sterilize the needle. Once you've punched a hole, stick the needle down inside the egg and move it around to make sure that both the shell membranes and the yolk are broken. Hold the egg over a bowl or storage container. Press the bulb of a kitchen baster against the small end to push air into the egg, forcing the contents into the bowl. When the shell is empty, rinse it in cold water and let it dry.

Not sure what to do with the insides of the eggs? Use them immediately in a fully-cooked dish such as a casserole, custard, or baked good, or freeze for later use by beating the eggs until blended and pouring them into freezer containers labeled with the number of eggs and the date. When you're ready to cook them, thaw in the refrigerator and use promptly.

Now for the fun part - decorating. Almost any dried materials will work, so be creative. Start with staples like sesame seeds, lentils, kidney beans, split peas, rice, barley, and oats. Then try experimenting with wild rice, wheatberries, navy beans, cracked wheat, couscous, and cloves. Apply craft glue to about one-fourth of the eggshell at a time, using the nozzle of the glue container or a small paintbrush. Arrange your choice of seeds and beans in decorative patterns, setting each egg aside until the glue dries, which can take up to 2 hours.

Decorated eggs make easy, inexpensive centerpieces. Nestle them in sand, brown, rice, or seeds on a plate, or arrange them in a decorative basket. Get the whole family involved. The kids will gain a sense of accomplishment, and you'll be surprised at how addictive it becomes.

## QUICHE IN PEPPER POTS (4 servings)

- 4 medium (about 4 oz. each) sweet green, red, or yellow peppers.
- 1 cup (about 4 oz.) frozen vegetable blend, thawed.
- 4 eggs
- 1/2 cup nonfat or low-fat

- milk.
- 1/2 teaspoon garlic powder.
- 1/2 teaspoon Italian seasoning, crushed.

Preheat oven to 325F. Cut tops off peppers and remove seeds. Sawtooth or scallop pepper edges, if desired. Stand peppers upright in custard cups or muffin pan cups. Spoon 1/4 cup of the vegetable into each pepper. In medium bowl, beat together eggs, milk and seasonings until well blended. Pour about 1/3 cup of the egg mixture over vegetables in each pepper. Bake until knife inserted near center comes out clean, about 60 to 70 minutes. Let stand 5 minutes before serving.

Microwave: Place filled peppers in custard cups on plate, platter, or tray. Cook on full power 6 minutes. Rotate plate. Cook on 50% power, rotating plate every 3 minutes, until knife inserted near center comes out clean, about 10 to 14 minutes. Remove each pepper as it is done.

\*Note - All microwave cooking times are based on full power output of 600 to 700 watts. For a lower wattage oven, allow more time.

## EGG & VEGGIE WRAP (4 servings)

- 4 10-inch flour tortillas
- 2 medium ripe avocados, peeled, seeded, and mashed, about 1 cup.
- 1 1/2 cups sliced fresh spinach.
- 4 hard-cooked eggs, quartered\*
- 1 cup thinly-sliced mushrooms.
- 1/2 cup plain low-fat yogurt
- 1/4 to 1/2 cup salsa
- Green onions, optional
- Tomatoes, optional
- Cilantro, optional

Lay tortillas on cutting board. Spread each with 1/4 cup avocado, top each with 1/3 cup spinach, 1 egg, and 1/4 cup mushrooms. Dollop with 2 tablespoons yogurt and salsa to taste. Roll each burrito style. Cut burrito in half and tie each half with green onion strips, if desired. Garnish with chopped fresh tomatoes and cilantro, if desired.

\*To hard cook, place eggs in a single layer in saucepan with enough tap water to come at least 1 inch above them. Cover the pan and quickly bring just to boiling. Turn off heat, and, if necessary remove pan from burner to prevent further boiling. Let eggs stand in water with cover on for about 15 minutes for Large (about 18 minutes for Extra Large and about 12 minutes for Medium). Immediately run cold water over eggs until completely cooled. Refrigerate in their cartons.

## EGG & MOZZARELLA PIZZA (4 servings)

- 1 package 8 oz. pre-baked pizza crusts (2 crusts).
- 4 teaspoons olive oil, divided.

- 1/2 cup fresh basil leaves.
- 4 hard-cooked eggs, sliced 4 oz. fresh mozzarella, drained and sliced.
- 2 small tomatoes, sliced.
- Salt & pepper, optional.

Warm pizza crusts according to package directions. Slice each crust into two halves. On each half, drizzle 1/2 teaspoon olive oil. Layer each with 2 tablespoons of the basil. Alternately arrange 1/4 of egg slices, mozzarella slices, and tomatoes on each half. Drizzle each with an additional 1/2 teaspoon olive oil. Salt and pepper to taste, if desired.

## SUNSHINE GARDEN SALAD (2 servings)

- 2 cups torn fresh greens.
- 1 cup sliced seedless cucumber
- 1 medium tomato, coarsely chopped
- 1/2 small ripe avocado, peeled and sliced
- 2 tablespoons orange juice
- 2 teaspoons white vinegar
- 4 teaspoons olive oil
- 1/2 teaspoon sugar
- 1/2 teaspoon dried OR 1 1/2 teaspoons chopped fresh cilantro
- Water
- 2 eggs
- Salt & Pepper, optional

In medium bowl, toss together greens, cucumber, tomato, and avocado. In small bowl, stir together orange juice, vinegar, oil, sugar, and cilantro until well blended. Toss with greens mixture. Spoon approximately 2 cups mixture on each of two salad plates.

In saucepan or deep omelet pan, bring 2 to 3 inches of water to boiling. Reduce heat to keep water gently simmering. Break cold eggs, 1 at a time, into custard cup or saucer. Holding dish close to water's surface, slip each egg into water. Cook until whites are completely set and yolks begin to thicken but are not hard, about 3 to 5 minutes. With slotted spoon, lift out eggs. Drain in spoon or on paper towels and trim any rough edges, if desired. Place one egg on each salad. Salt and pepper to taste, if desired.

## CHERRY TOMATO & PORTOBELLO OMELET (1 serving)

- 1 teaspoon butter or cooking oil OR cooking spray
- 1 cup sliced baby portobello mushrooms, about 2 oz.
- 2 cherry tomatoes, wedged, or 4 grape tomatoes, halved
- 2 eggs
- 2 tablespoons reduced-fat ranch salad dressing
- 1/4 cup (1 oz.) shredded Cheddar cheese.
- 1 tablespoon chopped fresh parsley.

In 7 to 10 inch omelet pan or skillet over medium-high heat, heat butter until just hot enough to sizzle a drop of water. Add mushrooms. Cook, stirring frequently, until tender, about 2 to 3 minutes. Add tomatoes.

Cook, stirring frequently, until tomatoes are heated through, about 1 minute. Remove mushrooms and tomatoes from pan. Cover and keep warm.

In small bowl, beat together eggs and dressing until blended. Pour egg mixture into pan. 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 cooked portions as necessary. When top is thickened and no visible liquid egg remains, fill with reserved mushrooms and tomatoes. Sprinkle with cheese and parsley. With pancake turner, fold omelet in half. Invert onto plate with a quick flip of the wrist, or slide from pan onto plate.

## POACHED EGGS WITH CAJUN SAUCE (3 to 6 servings)

- 1 tablespoon cooking oil.
- 1/2 cup chopped celery, about 2 oz.
- 1/2 cup chopped green pepper, about 2 1/2 oz.
- 1/2 cup chopped onion, about 2 1/2 oz.
- 1 jar (16 oz.) salsa, 2 cups
- 1 to 2 dashes hot pepper sauce, optional
- Water
- 6 eggs
- 6 slices (1/2 inch thick) French or Italian bread, about 2 oz.

In medium saucepan over medium heat, heat oil until hot enough to sizzle a drop of water. Add celery, pepper, and onion. Cook, stirring occasionally, until vegetables are tender, about 3 to 5 minutes. Stir in salsa. Cook and stir until mixture bubbles at edges. Stir in hot pepper sauce, if desired. Remove pan from heat. Cover and keep warm.

Meanwhile, in large saucepan or deep omelet pan, bring 2 to 3 inches of water to boiling. Reduce heat to keep water gently simmering. Break cold eggs, 1 at a time, into custard cup or saucer. Holding dish close to water's surface, slip eggs, 1 by 1, into water. Cook until whites are completely set and yolks begin to thicken but are not hard, about 3 to

5 minutes. With slotted spoon, lift out eggs. Drain in spoon or on paper towels and trim any rough edges, if desired. Place 2 slices of the bread on each plate. Top each slice with 1 poached egg. Spoon about 3/4 cup reserved sauce around eggs.

## FA-LA-LA FRITTATA (4 servings)

- Cooking spray
- 1 cup coarsely chopped broccoli flowerets
- 1 cup sliced fresh mushrooms
- 1/2 cup julienne sweet red pepper
- 1/2 cup sliced green onions with tops
- 1/2 cup (about 2 oz.) flaked crab meat or surimi (imitation crab meat).
- 6 eggs
- 1/3 cup water
- 1 teaspoon Italian seasoning, crushed
- 1/2 cup (2 oz.) shredded low-moisture part-skim mozzarella cheese
- 1 tablespoon grated Parmesan cheese, optional

Preheat broiler. Wrap handle of 10-inch omelet pan or skillet with foil to make it ovenproof. Evenly coat pan with spray. over medium heat, cook broccoli, mushrooms, pepper, and onions until crisp-tender, about 5 minutes. Stir in crab meat.

Meanwhile, in medium bowl, beat together eggs, water, and seasoning until well blended. Stir in mozzarella cheese. Pour over vegetable mixture. Cover. Cook until eggs are almost set, about 10 to 12 minutes. Broil about 6 inches from heat until eggs are completely set, about 1 to 2 minutes. Sprinkle with Parmesan cheese, if desired. Slide onto serving platter and cut into wedges to serve.

## INSPECTIONS

- Restaurants**
- Bulldog Quik Snak, Main St., Boiling Springs, 97\*\*
  - Godfather's Pizza, Main St., Boiling Springs, 95.5.
  - Ichabod's Eatery, 96\*\*
  - Lil Yummies, Stagecoach Tr., 95.5\*\*
  - Minit Grill, Battleground Avenue, Kings Mountain, 94.

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