

Eggcellent Ideas! Recipes

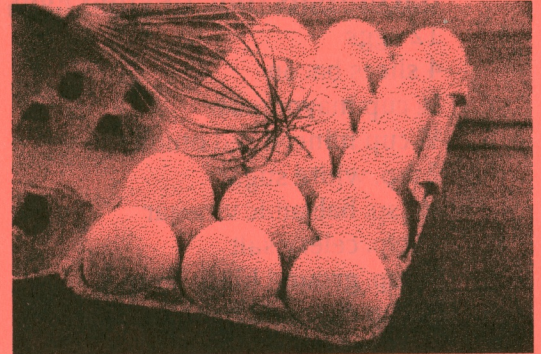
From the UT Kitchen Divas:

Amy Elizer, FCS – Madison County – aelizer@utk.edu

Gwen Joyner, FCS Agent – Carroll County –
gjoyner1@utk.edu

Sarah Poole, FCS Agent – Crockett County – swyatt@utk.edu

Tennille Short, FCS Agent – Haywood County –
ztshort@utk.edu



Curried Egg Salad

- 2/3 cup nonfat plain yogurt
- 1 tablespoon mayonnaise
- 2 teaspoons curry powder
- 6 hard cooked eggs, shelled and sliced or chopped
- 1/2 cup chopped apples with peel
- 1/2 cup sliced celery
- 1/3 cup dried cranberries
- 1/3 cup chopped pecans

Combine yogurt, mayonnaise and curry powder and set aside. Combine remaining ingredients. Pour dressing over egg mixture and stir to coat. Refrigerate for 1 hour before serving for best flavor. Makes 6 servings.

Cheese Sausage Strata

- 1 1/2 pounds pork sausage
- 9 eggs, lightly beaten
- 3 cups milk
- 9 slices breads, cubed
- 1 1/2 cups shredded cheddar cheese
- 1/2 lb. sliced bacon, cooked and crumbled
- 1 1/2 tsp. ground mustard

In a large skillet, cook sausage over medium heat until no longer pink; drain. Add the eggs, milk, bread, cheese, bacon, and mustard. Transfer to a greased shallow 3-quart baking dish. Cover and refrigerate overnight. When ready to cook: Remove from the refrigerator 30 minutes before baking. Cover and bake at 350°F for 60-65 minutes, or until a knife inserted near the center comes out clean. Let stand for 5 minutes before serving. Makes 12 servings.

Mini Frittata Crostini

- 36 (1/4-inch) thin baguette slices
- 3 Tbsp. olive oil
- 6 eggs
- 1/2 cup milk
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 1 cup shredded cheddar cheese
- 3/4 cup finely chopped zucchini
- 1/4 cup finely chopped red bell pepper
- 2 Tbsp. finely chopped red onion
- 3/4 cup chive & onion spreadable cream cheese

Preheat oven to 375°F. Brush both sides of bread slice lightly with olive oil. Place in single layer on baking sheets. Bake in oven until lightly toasted, about 10 minutes. Cool on wire racks. Reduce oven to 350°F. Coat 36 mini muffin cups (1 3/4 x 3/4 -inch) with cooking spray. Beat eggs, milk, salt, and pepper in medium bowl until blended. Add cheese, zucchini, bell pepper, and onion; mix well. Spoon about 1 Tbsp. egg mixture into each muffin cup. Bake at 350°F until just set, 10 to 13 minutes. Cool on wire rack for 5 minutes; remove from cups. To serve, spread about 1 tsp. cream cheese on each crostini and top with a mini frittata. Makes 36 servings.

Eggs Salsalita

- 3 eggs
- 1/4 cup black beans, rinsed
- 1 oz. shredded cheddar cheese
- 2 Tbsp. salsa

Scramble eggs with beans. Add cheese and top with salsa.

Bacon-Balsamic Deviled Eggs

12 eggs
4 slices bacon
½ cup mayonnaise
¼ cup minced red onion
2 tsp. white sugar
½ tsp. balsamic vinegar
¼ tsp. celery salt
¼ tsp. ground black pepper
¼ cup chopped fresh parsley

Place the eggs in a large pot in a single layer and fill with water to cover by 1 inch. Cover and bring the water to a boil; immediately remove from the heat and let the eggs stand in the hot water for 15 minutes. Drain. Cool eggs under cold running water in the sink. Peel and half them lengthwise. Separate yolks from whites, placing yolks in a bowl. Arrange egg whites with rounded side down onto a serving platter. Place bacon in a large, deep skillet and cook over medium-high heat, turning occasionally until evenly browned, about 10 minutes. Drain on a paper towel-lined plate; chop. Mash yolks with a fork. Add bacon, mayonnaise, onion, sugar, vinegar, celery, salt, and pepper; stir until thoroughly combined. Spoon the mixture into the egg whites. Garnish with parsley. Makes 24.

Breakfast Pizza

1 tube (13.8 oz.) refrigerated pizza crust
2 Tbsp. olive oil, divided
6 eggs
2 Tbsp. water
1 package (3 oz.) real bacon bits
1 cup shredded Monterey Jack cheese
1 cup shredded cheddar cheese

Unroll crust into a greased 15" x 10" x 1" baking pan. Flatten dough and build up edges slightly. Brush with 1 Tbsp. oil. Prick dough thoroughly with a fork. Bake at 400°F for 7-8 minutes or until lightly browned. In a small bowl, whisk eggs and water. In a small skillet, heat remaining oil until hot. Add eggs; cook and stir over medium heat until set. Spoon eggs over crust. Sprinkle with bacon and cheeses. Bake 5-7 minutes longer or until cheese is melted. Makes 8 slices.

Omelet To-Go

12 slices white bread
1/3 pound breakfast sausage, cooked and crumbled
12 large eggs, beaten
¾ cup medium or hot chunky salsa, drained
1 ½ cups shredded cheddar cheese

Heat oven to 350°F. Spray or paper-line large (1 cup) muffin cups. Flatten bread slices with a rolling pin. Fold and mold bread into muffin cups. Sprinkle about ½ ounce sausage into each muffin cup. In a small bowl, blend eggs and salsa. Fill each cup with about ¼ cup of the egg mixture. Top each with a tablespoon full of cheese. Bake 20-25 minutes until eggs are puffy and cooked until firm throughout and knife inserted near center comes out clean. Serve immediately. Makes 12.

Nana's Banana Pudding

6 large ripe bananas
2 bags vanilla wafer cookies
2 large eggs
2 large cans evaporated milk
1 ½ cups sugar
2 teaspoons vanilla butter & nut flavor

Slice 3 bananas into the bottom of a 9 x 13-inch dish. Follow the bananas with a layer of vanilla wafers. Slice the other 3 bananas on top, then end with a layer of vanilla wafers. Set aside. In a microwave-safe mixing bowl, combine eggs, evaporated milk, sugar, and flavor. Mix well. Microwave the mixture for 1-minute at a time, stirring well after each minute. Repeat until mixture becomes slightly thickened, 3-4 minutes depending on microwave strength. Pour hot milk mixture evenly over the layered bananas and cookies. Let stand for at least 30 minutes. Serve warm if desired, or refrigerate for at least four hours before serving.

