

Cost fighters: eggs & skillet

Even in these days of rampant inflation you can prepare economical, easy, fast and fabulous main dishes. All it takes are eggs, a few other ingredients, and a skillet.

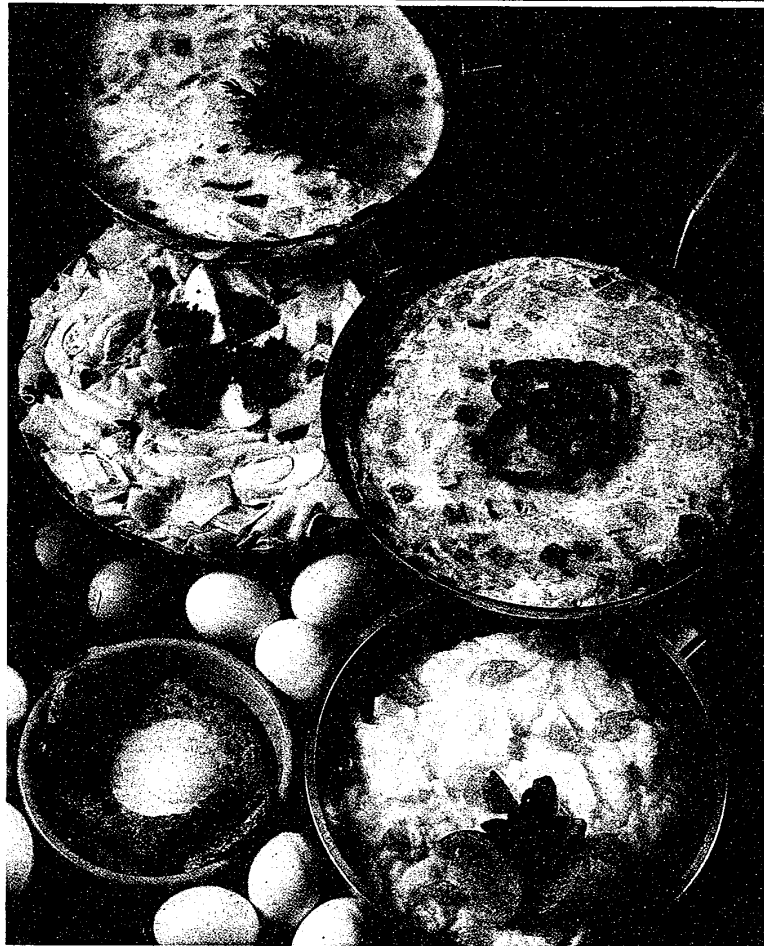
Egg-based skillet suppers are the answer for the busy cook who wants to serve entrees which are quick to fix, great to eat, and well within the week's food budget.

When you buy a dozen large eggs (which weighs 1 1/2 pounds) for 90 cents, the eggs are only 60 cents a pound — a real bargain for the high-quality protein, essential vitamins and minerals received. That's why eggs are known as the original prepackaged, fast-to-fix convenience food.

Scrambled eggs is probably the first skillet supper prepared but there are many more to try, including omelets, a frittata, Eggs Paprikash, or a quiche.

Whatever variety you attempt you will find an egg-based skillet supper is easy to prepare. Usually they require very simple ingredients, and take little time and energy from start to clean up. And a skillet supper definitely is a dollar-saver. So pick up a dozen eggs or so, grab your skillet, and try out the recipes on this page or some of your own creations.

The best of the food inflation fighters still may be the egg and the skillet.



Skillet suppers you can fix in a flash are: clockwise from top, Crustless Skillet Quiche, New Orleans Frittata, Terrific Tomato Scramble, Toad-In-The-Hole and Eggs Paprikash.



CRUSTLESS SKILLET QUICHE

6 servings

Talk about an easy one-dish meal! You don't even have to stir this easy entree as it cooks — just mix, pour into the skillet and let it cook while you fix a salad and set the table.

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| 6 eggs, beaten | 1/2 teaspoon salt |
| 1 can (1 lb.) mixed vegetables, well-drained | 1/2 teaspoon dried marjoram or oregano leaves, crushed |
| 1 cup (4 oz.) shredded Swiss or Cheddar cheese | 1/8 teaspoon garlic powder |
| 1 cup half and half or light cream | 1/8 teaspoon pepper |
| 1 tablespoon instant minced onion | 2 tablespoons butter |
| | Fresh dill, optional |

Beat together all ingredients except butter and dill until well blended. In 10-inch omelet pan or skillet over low heat melt butter. Pour in egg mixture. Cook, covered, without stirring, over low heat until eggs are almost set, about 18 minutes. Remove from heat and let stand, covered, until knife inserted in center comes out clean, 10 to 15 minutes. To serve, cut in wedges or spoon out of pan. Garnish with fresh dill, if desired.

EGGS PAPRIKASH

6 servings

If you keep hard-cooked eggs in the refrigerator, you can put together this main dish (or others, or snacks) in just minutes.

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| 2/3 cup chopped onion | 1/8 teaspoon pepper |
| 1/2 cup chopped green pepper | 1 can (10 3/4 oz.) condensed chicken broth, undiluted |
| 1/3 cup butter | 9 hard-cooked eggs*, wedged |
| 1/3 cup all-purpose flour | 1 cup (8 oz.) dairy sour cream |
| 2 to 3 teaspoons paprika | Hot cooked noodles or rice |
| 1/4 teaspoon salt | Parsley, optional |
| 1/4 teaspoon garlic powder | |

In large omelet pan or skillet over medium heat cook onion and green pepper in butter until tender but not brown, about 5 minutes. Stir in flour and seasonings. Cook, stirring constantly, over medium-high heat until mixture is smooth and bubbly. Stir in broth. Cook, stirring constantly, until mixture boils and thickens. Reserve 4 egg wedges for garnish. Stir in remaining egg wedges and sour cream. Heat just to serving temperature, but do not boil. Serve immediately over noodles. Garnish with parsley, if desired.

*To hard-cook, put eggs in single layer in saucepan. Add enough tap water to come at least 1 inch above eggs. Cover and quickly bring just to boiling. Turn off heat. If necessary, remove pan from burner to prevent further boiling. Let eggs stand covered in the hot water 15 to 17 minutes for Large eggs. (Adjust time up or down by about 3 minutes for each size larger or smaller.) Immediately run cold water over eggs or put them in ice water until completely cooled. To remove shell, crackle it by tapping gently all over. Roll egg between hands to loosen shell, then peel, starting at large end. Hold egg under running cold water or dip in bowl of water to help ease off shell.

TOAD-IN-THE-HOLE

1 serving

This is one of several names applied to an egg fried in a bread "frame." It's a neat trick for breakfast, lunch, dinner or snacktime. Double this recipe for hearty appetites.

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| 1 slice bread | 1 slice (1 oz.) Cheddar or American cheese, optional |
| 1 to 2 tablespoons butter | Cherry tomato, optional |
| 1 egg | |
| Salt and pepper | |

Cut out center of bread with 2-inch round cutter. In small omelet pan or skillet over medium heat melt butter. Add bread slice (and cutout) and cook on one side until golden brown. Turn bread over and break egg into center hole. Reduce heat and cook egg to desired doneness, 4 to 6 minutes. Season with salt and pepper.

Place cheese slice over egg, if desired. Cover and cook just until cheese melts, 1 to 2 minutes. Garnish with cherry tomato, if desired. Serve immediately with cutout.

Variation: To make a Toad-in-the-Hole Over Easy, prepare bread as above and place in pan with melted butter over medium heat. Immediately break egg into center of bread and reduce heat. Cook until bread is golden brown. Turn bread and egg over. Season with salt and pepper. Top with cheese slice, if desired, and cook to desired doneness.

TERRIFIC TOMATO SCRAMBLE

4 servings

This main dish is so simple that even inexperienced cooks can put it together. If you like, add sauteed green pepper or some diced pepperoni or summer sausage.

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| 8 eggs | 1/2 teaspoon salt |
| 1/2 cup milk | 1/2 teaspoon basil, crushed |
| 1 medium tomato, chopped | 1/8 teaspoon pepper |
| 2 tablespoons grated Parmesan cheese, optional | 2 tablespoons butter |
| 2 teaspoons instant minced onion | Tomato wedges, optional |
| | Watercress, optional |

Beat together all ingredients except butter, tomato wedges and watercress with a fork, mixing thoroughly for uniform yellow, or just slightly for white and yellow streaks. Heat butter in 8 to 10-inch omelet pan or skillet over medium heat until just hot enough to sizzle a drop of water. Pour in egg mixture. As mixture begins to set, turn a pancake turner over and gently draw completely across the bottom and sides of pan, forming large soft curds. Continue until eggs are thickened, but do not stir constantly. Cook until eggs are thickened throughout but still moist. Garnish with tomato wedges and watercress, if desired.

NOTE: It is better to remove scrambled eggs from pan when they are slightly underdone. Heat retained in eggs completes the cooking.

NEW ORLEANS FRITTATA

6 servings

A frittata is an easy-to-make family-sized Italian omelet that doesn't need to be folded. This one includes rice and Creole-type seasonings for flavor and color.

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| 1/2 cup chopped onion | 1 teaspoon Worcestershire sauce |
| 1/2 cup chopped green pepper | 8 to 10 drops hot pepper sauce |
| 2 tablespoons butter | 1 cup cooked rice (about 1/3 cup raw) |
| 8 eggs | 1 medium ripe tomato, chopped |
| 1/4 cup water or tomato juice | Green pepper rings, optional |
| 1 1/2 teaspoons chili powder | 1 teaspoon celery salt |
| 1 teaspoon celery salt | |

In 10-inch ovenproof omelet pan or skillet, cook onion and green pepper in butter over medium heat until tender but not brown, about 3 to 5 minutes.

Beat eggs, liquid and seasonings together. Stir in rice and tomato. Pour egg mixture over onion and green pepper. Cook without stirring over medium-low heat until eggs are set at edges but still runny in center, 9 to 10 minutes. Broil about 6 inches from heat until eggs are completely set, 3 to 4 minutes longer. Garnish with green pepper rings, if desired. Cut in wedges to serve.

*To make handle ovenproof, cover completely with aluminum foil.