

V-egg-ie-licious entrees offer rainbow of flavor

See related story on Taste front. Recipes courtesy of American Egg Board.

PEPPER 'N' EGG SKILLET SUPPER

1 teaspoon cooking oil
7 cups thinly sliced sweet red, green and/or yellow peppers in rings or strips (about 5 to 6 medium, 1 lb. 10 oz.)
1 1/2 cups thinly sliced onion (about 4 oz.)
2 teaspoons minced garlic
2 tablespoons balsamic vinegar
4 eggs

In 10-inch nonstick omelet pan or skillet over medium heat, cook peppers, onion and garlic in hot oil, without stirring, about 3 to 4 minutes. (Volume in pan will reduce as vegetables cook.) Continue cooking, stirring occasionally, until vegetables are crisp-tender,

about 6 to 8 minutes, or until vegetables are soft and all liquid has evaporated, about 10 to 12 minutes. Stir in vinegar until evaporated.

With back of spoon, make 4 indentations in vegetable mixture. Break and slip an egg into each indentation or, for flower-shaped eggs, break and slip each egg into an individual pepper ring. Cover and cook over medium heat until whites are completely set and yolks begin to thicken but are not hard, about 3 to 4 minutes. 4 servings

Nutrition Information per serving of recipe using corn oil: Calories 149, Total Fat 6.5 gm (1.7 gm saturated), Cholesterol 213 mg, Sodium 68 mg, Potassium 439 mg, Total Carbohydrate 16 gm, Protein 8 gm.

GARDEN BOUNTY QUICHE

Cooking spray
1 1/2 cups shredded zucchini

(about 2 to 3 small, 8 oz.) plus 1 cup sliced zucchini (about 1 to 2 small, 4 oz.), divided

1 tablespoon flour
6 eggs, divided
1 cup chopped tomato (about 4 oz.)
1 cup chopped red onion (about 4 oz.)
1 1/2 teaspoons herbes de Provence*
1/2 cup skim or low-fat milk
2 ounces feta cheese, crumbled

Evenly coat 9-inch quiche dish or pie plate with spray. Stir together shredded zucchini, flour and 1 of the eggs until evenly combined.

To form crust, press onto bottom and up sides of coated dish. Bake in preheated 350°F oven until surface appears dry, about 18 to 20 minutes. Set aside.

Meanwhile, evenly coat 10-inch nonstick omelet pan or skillet with spray. Add sliced zucchini, tomato, onion and seasoning. Cook over medium heat until all liquid has evaporated, about 7 to 8 minutes. Spoon into prepared crust. In small bowl, beat together remaining 5 eggs, milk and cheese until well blended. Pour over vegetables.

Bake in preheated 350°F oven until knife inserted near center comes out clean, about 40 to 45 minutes. Let stand 5 minutes before serving.

*Or substitute, 1 teaspoon each of dried basil, marjoram, sage and thyme leaves, crushed; rosemary leaves; and ground savory. Serves 6.

Nutrition Information per serving of recipe using dried herbs: Calories 136, Total Fat 7.4 gm (3 gm saturated), Cholesterol 222 mg, Sodium 190 mg, Potassium

337 mg, Total Carbohydrate 8 gm, Protein 10 gm.

HERBED VEGETABLE PASTA BAKE

Cooking spray
3 cups (8 oz.) retini (corkscrew-shaped pasta)
6 eggs
1 cup skim or low-fat milk
1/2 cup (6 oz.) low-fat (1%) cottage cheese
1 1/2 teaspoons Italian seasoning*
6 cups coarsely chopped fresh spinach (about 6 oz.)
2 cups sliced yellow squash (about 1 medium, 9 oz.)
1 cup chopped portobello mushroom (about one 3-inch diameter, 2 oz.)
1 1/2 cups (14 oz.) bottled spaghetti sauce
Evenly coat 13 x 9 x 2-inch bak-

ing dish with spray. Set aside.

Cook pasta according to package directions. Drain well. Meanwhile, in large bowl, beat together eggs, milk, cheese and seasoning until blended. Stir in spinach, squash and mushrooms until well combined. Stir in drained pasta. Spoon into prepared dish. Drizzle with sauce. Cover with foil.

Bake in preheated 350°F oven until knife inserted near center comes out clean, about 55 to 65 minutes. Cool on wire rack about 5 minutes before serving.

*Or substitute, 1 teaspoon each of dried basil, marjoram, oregano, sage and thyme leaves, crushed; and rosemary leaves. Serves 6.

Nutrition Information per serving of recipe: Calories 341, Total Fat 9.5 gm (2.3 gm saturated), Cholesterol 214 mg, Sodium 558 mg, Potassium 757 mg, Total Carbohydrate 46 gm, Protein 19 gm.

Before you grill, glaze, marinate or rub pork chops

See related story on Taste front. Recipes from the Michigan Pork Producers Association.

Any of the following glazes can be brushed on pork chops during grilling. If using both as a glaze and table sauce, boil the remaining glaze for 4-5 minutes before serving; serve hot. If using only as a table sauce, stir ingredients together and serve at room temperature.

• **Ginger-Apricot Glaze**
Stir together 1 cup apricot jam, 2 tablespoons lime juice, 1 tablespoon soy sauce, 1 tablespoon grated fresh ginger root. Makes 1 1/2 cups. Brush onto meat on grill during last 5 minutes of cooking time.

• **Cranberry Barbecue Glaze**

Stir together 1 1/2 cups bottled barbecue sauce and one 16-ounce can whole berry cranberry sauce. Makes 3 cups. Brush onto meat on grill during last 5 minutes of cooking time.

• **Honey-Lime Ginger Glaze**
Stir together 6 tablespoons honey, 3 tablespoons grated fresh ginger root, 6 tablespoons lime juice, and 3 tablespoons vegetable oil. Use to baste meat throughout cooking time, glazing well before removing from grill. Makes about 1 cup, enough for 4 pork chops.

• **Pear-Mustard Sauce**

In blender container, puree together one 16-ounce can pear halves, drained, 3 tablespoons of the pear syrup, 1 tablespoon Dijon-style mustard, 1 tablespoon cider vinegar, a dash of hot pepper sauce and salt and pepper to taste. Makes about 2 cups. Brush onto meat on grill during last 5 minutes of cooking time.

Marvelous Marinades

• **Coriander-Pepper Marinade**
In self-sealing bag, combine 2 crushed garlic cloves, 1 tablespoon ground coriander seed, 1

tablespoon ground black pepper, 1 tablespoon brown sugar and 3 tablespoons soy sauce. Add 4 pork chops to bag, seal, and refrigerate overnight.

• **Honey-Garlic Marinade**
In self-sealing bag, combine 1/2 cup lemon juice, 1/2 cup honey, 2 tablespoons soy sauce, 1 tablespoon dry sherry and 2 crushed garlic cloves. Add 4 pork chops to bag, seal and refrigerate overnight.

Rubs are mixtures of spices and herbs that can create unique flavoring additions when rubbed onto the surface of the meat.

Rubs combine with the juices drawn from the meat and work like a "dry" marinade. Rubs can be applied to meat, covered and refrigerated overnight, or applied 10-20 minutes before grilling.

• **Caribbean Jerk Rub**
In jar with tight-fitting lid, shake together 2 tablespoons dried minced onion, 1 tablespoon garlic powder, 4 teaspoons dry thyme leaves, crushed, 2 teaspoons salt, 2 teaspoons ground allspice, 1 teaspoon ground nutmeg, 1 teaspoon ground cinnamon, 1 tablespoon sugar, 2 ten-

spoon black pepper and 1 teaspoon cayenne pepper. Makes 1 cup. Store in jar; use for coating pork chops.

• **Cajun Rub**
In jar with tight-fitting lid, shake together 2 tablespoons paprika, 2 teaspoons salt, 2 teaspoons onion powder, 2 teaspoons garlic powder, 2 teaspoons cayenne, 1 1/2 teaspoons ground white pepper, 1 teaspoon ground black pepper, 1 teaspoon dry thyme leaves and 1 teaspoon oregano leaves. Makes about 1 cup. Store in jar; use for coating pork chops.

Savor some homegrown rhubarb in spring

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MARY LOU'S RHUBARB PIE

4 cups fresh rhubarb
5 tablespoons flour
2 cups sugar
2 eggs
1/2 teaspoon fresh ground nutmeg
1 small orange rind, grated (

about 1 tablespoon)
2 tablespoons orange juice
One prepared pie shell

In a large bowl, combine the rhubarb with the flour and sugar. Toss to coat. Beat the eggs with the nutmeg, grated rind and juice and stir into the rhubarb mixture. Pour into a prepared pie shell and bake at 350 degrees F. for 30-40 minutes. Serves 6.

Recipe from the files of Mary Lou Richenbach-Stone, Plymouth, Michigan.

For the purist, nothing beats a taste of fresh rhubarb that has been lightly sweetened and poached. This can be served as compote if desired or simply as is, especially with pork, ribs or other house grilled goodies.

POACHED RHUBARB

1 pound rhubarb

1/4 cup water or sweet wine like Rotzling
1/2 cup sugar
2 tablespoons butter or margarine
Cinnamon or powdered ginger to taste

Wash and cut the rhubarb into 1 inch pieces. Place in a heavy saucepan and add water or wine. Cover and simmer over low heat

until rhubarb can be pierced with a fork, about 30 minutes. Stir in sugar and continue poaching until rhubarb is tender, about 15 additional minutes. To serve: dot with butter or margarine and a light sprinkle of cinnamon or powdered ginger. Serves 4-6.

Recipe from: "The Joy of Cooking" by Irma Rombauer and Marion Rombauer Becker, Bobbs-Merrill Publishers.



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