

# SENSATIONAL SUMMER CENTS-SAVERS



Economical eggs + fresh produce in season = sensational, yet centesimal, summer dining. Clockwise from top: Zucchini Tomato Quiche, Sweet Corn Omelets, Green Bean Scramble, Eggplant Parmesan Frittata and Creamy Cucumber Custards.

Summertime...and the eating is easy, economical and delicious! Fresh produce is popping up all over in supermarkets and home gardens. And, easy-to-prepare eggs are as readily available, and when compared to other protein sources, as inexpensive as ever. When Large eggs are \$1.00 a dozen, they're only 66¢ a pound! Put the two together and the result is sensational, but centesimal, summer dining.

From asparagus to zucchini, the variety of vegetables available is more than sufficient to satisfy most anyone's taste buds. And, the variety of ways eggs can be prepared is almost unlimited. The recipes here include an elegant quiche, easy-to-make omelets, a speedy skillet supper scramble, a fast and flavorful frittata, and refreshingly light custards. But, you needn't stop there. Finely chop or shred your favorite vegetable and fold it into a soufflé. Roll up asparagus spears or broccoli stalks in crepes and ladle on a cheese sauce. Chop your veggies and toss them together with chopped hard-cooked eggs and either "mayo," sour cream or yogurt for a salad, sandwich spread or dip. For any meal of the day, there's an easy and economical way to get needed protein, vitamins and minerals on the table when you combine eggs with seasonal produce.

To keep you and your kitchen cool this summer, three of these recipes are top-of-range skillet suppers. The quiche can be baked either conventionally or in a microwave and you don't have to turn on the oven for the custards—they can be made in an electric skillet!

Try any or all of these recipes. Or, substitute other vegetables for those suggested. Either way, meal preparation will take so little time, you'll be able to get out and enjoy the summer sunshine.

## ZUCCHINI TOMATO QUICHE

6 servings

*Pretty as a picture and as tasty as it looks! Serve this impressive entree for a family breakfast, lunch or dinner or a stylish brunch for guests. Be sure to drain the tomato well as summer tomatoes are apt to be quite juicy.*

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| 1 (9-inch) baked pie shell              | 1 medium tomato, seeded, chopped and drained (about 3/4 cup) |
| 2 cups sliced zucchini (about 1 medium) | 6 eggs   |
| 1/2 cup chopped onion                   | 1 cup half and half or milk                                  |
| 1 tablespoon butter                     | 1/2 teaspoon oregano or basil leaves, crushed                |
| 1/2 cup (2 oz.) shredded Swiss cheese   | 1/2 teaspoon salt  |
| 1 tablespoon flour                      | 1/8 teaspoon pepper  |

In large skillet over medium heat, cook zucchini and onion in butter until lightly browned, about 5 minutes. Sprinkle zucchini mixture, cheese, flour and tomato into pie shell. Beat together remaining ingredients until well blended. Pour over vegetables and cheese. Bake in preheated 375°F. oven until knife inserted near center comes out clean, 30 to 35 minutes. Let stand 5 minutes before serving.

### \*TO BAKE PIE SHELL

Line unbaked pie shell with 12-inch square of aluminum foil. Fill with rice or dried beans or peas. Cover rim of shell with edges of foil. Bake in preheated 450°F. oven until lightly browned at edges, 10 to 15 minutes. Lift out foil and rice. Cool on wire rack.

**Microwave:** Prick bottom and sides of pie shell with fork. Cook on High 4 to 4-1/2 minutes, rotating 1/4 turn after 1 minute and 3 minutes. Set aside. In shallow casserole combine zucchini, onion and butter. Cover and cook on High until soft, about 4 minutes. Fill pie shell as above.

Cook on High 5 minutes, rotating 1/2 turn after 2-1/2 minutes. Reduce power to 50% or 30% and cook 11 to 15 minutes, rotating 1/4 turn two or three times to assure even cooking. Quiche is done when knife inserted halfway between center and outer edge comes out clean. Center will appear set but still slightly shaky. Let stand, uncovered, 10 minutes.

## SWEET CORN OMELETS

4 servings

*If you have only a couple of ears of corn and want to feed the whole family, or if you've got corn "coming out of your ears," try omelets. They're great any time of the day.*

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| 1-1/2 cups fresh corn kernels (cut from 2 to 3 medium ears) | 1/2 to 1 teaspoon dry mustard                  |
| 1/2 cup chopped green pepper                                | 1/8 teaspoon pepper                            |
| 1/2 cup chopped onion                                       | 4 tablespoons butter, divided                  |
| 1/4 cup water   | 1 cup (4 oz.) shredded cheddar cheese, divided |
| 3/4 teaspoon salt, divided                                  | Cherry tomatoes, optional                      |
| 8 eggs  | Parsley sprigs, optional                       |
| 1/2 cup water   |  |

In medium saucepan, combine corn, green pepper, onion, water and 1/4 teaspoon of the salt. Bring to boiling. Cover, reduce heat and simmer until corn is tender, about 5 minutes. Keep warm while preparing omelets. Drain before filling omelets.

Mix eggs, water, remaining salt, mustard and pepper until blended. For each omelet, in 7-10-inch omelet pan or skillet, over medium-high heat, heat 1 tablespoon of the butter until just hot enough to sizzle a drop of water. Pour in 1/2 cup of the egg mixture. (Mixture should immediately set 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. While top is still moist and creamy-looking, place about 1/2 cup of the corn mixture on half of the omelet. Sprinkle 1/4 cup of the cheese over corn mixture. With pancake turner, fold omelet in half and invert onto plate with a quick flip of the wrist or slide from pan onto plate. Keep warm while preparing remaining omelets. Garnish with tomatoes and parsley, if desired.

\*It is better to fill omelet when it is slightly underdone. Heat retained in eggs completes the cooking.

## GREEN BEAN SCRAMBLE

4 servings

*If you've never made a skillet scramble, the summer season is a wonderful time to try one. This recipe uses fresh green beans and Swiss cheese. Use another vegetable or a combination of several in place of the beans the next time you make one.*

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| 8 ounces fresh green beans, cut into 1-inch pieces | 1/2 teaspoon tarragon, rosemary or savory leaves, crushed, optional |
| 1/2 cup water                                      | 1/8 teaspoon pepper   |
| 8 eggs   | 2 tablespoons butter  |
| 1/2 cup milk                                       | 1/2 cup (2 oz.) shredded Swiss cheese                               |
| 1 tablespoon instant minced onion                  |   |
| 1/2 teaspoon seasoned salt                         |   |

In medium saucepan, combine beans and water. Bring to boiling. Cover, reduce heat and simmer until beans are crisp-tender, 10 to 15 minutes. Drain and set aside.

Mix eggs, milk and seasonings until blended. In 10-inch omelet pan or skillet over medium heat, heat butter until just hot enough to sizzle a drop of water. Pour in egg mixture. Stir in reserved green beans and cheese. As mixture begins to set, gently draw an inverted pancake turner completely across the bottom and sides of pan, forming large soft curds. Continue until eggs are thickened but still moist. \*Do not stir constantly.

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

## EGGPLANT PARMESAN FRITTATA

4 servings

*Eggplant lovers will rave. For eggplant haters, just change the name, keep that ingredient a secret, and they'll rave, too. The flavor is mild but rich. Also good cold.*

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| 1 egg                                     | 1/2 cup milk or tomato juice               |
| 1 tablespoon water                        | 1/2 cup (2 oz.) shredded mozzarella cheese |
| 1/2 teaspoon salt                         | 1/4 cup grated Parmesan cheese             |
| 2 cups diced pared eggplant (about 8 oz.) | 1/2 teaspoon oregano leaves, crushed       |
| 1/2 cup fine dry bread crumbs             | 6 drops hot pepper sauce                   |
| 1/4 cup butter or oil                     | Parsley sprigs, optional                   |
| 8 eggs                                    |  |

In medium bowl beat together egg, water and salt. Add eggplant and toss gently until eggplant is completely coated with egg mixture. Let stand 10 minutes. Drain. Return eggplant to bowl, sprinkle with crumbs and toss until completely coated with crumbs. In 10-inch omelet pan or skillet with ovenproof handle\* over medium heat, cook eggplant in butter, stirring frequently, until lightly browned on all sides, about 5 minutes.

Beat together remaining ingredients except parsley. Pour over eggplant. Cook over low to medium heat until eggs are almost set, 12 to 15 minutes. Cover pan, remove from heat and let stand 8 to 10 minutes. OR, broil about 6 inches from heat until eggs are completely set, 4 to 5 minutes longer. Cut into wedges and serve from pan, or either slide from pan or invert onto serving platter. Garnish with parsley, if desired.

\*To make handle ovenproof, wrap completely with aluminum foil.

## CREAMY CUCUMBER CUSTARDS

6 servings

*Cucumber in custards? Yes! Served warm or chilled, they make a refreshing meal starter, side dish or snack. Though light, they're luscious with cream cheese and sour cream adding richness.*

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| 1 medium cucumber (10 to 12 oz.)      | 4 eggs                       |
| 1 tablespoon vinegar                  | 1/2 cup dairy sour cream     |
| 1-1/2 teaspoons salt                  | 2 tablespoons flour          |
| 1/2 cup chopped onion                 | 1 teaspoon prepared mustard  |
| 1 tablespoon butter                   | 1/2 teaspoon dried dill weed |
| 1 cup milk                            | 1/8 teaspoon pepper          |
| 1 package (3 oz.) cream cheese, cubed | Watercress leaves, optional  |

Cut 6 thin cucumber slices. Set aside. Pare, seed and shred remaining cucumber. Stir in vinegar and salt. Let stand 15 minutes. Drain well, pressing out excess liquid. Set aside.

In small saucepan over medium heat, cook onion in butter until tender but not brown, 3 to 4 minutes. Stir in milk. Heat until very hot. Stir in cheese until melted. Remove from heat.

In large bowl, beat together remaining ingredients except watercress until well blended. Gradually stir in reserved cucumber and milk mixture. Place six (6 oz. each) custard cups in large baking pan. Pour egg mixture into custard cups. Place pan on rack in preheated 350°F. oven. Pour very hot water into pan to within 1/2 inch of top of custards. Bake until knife inserted near center comes out clean, about 20 to 25 minutes. Remove immediately from hot water. Serve warm or chilled. Garnish with reserved cucumber slices and watercress leaves, if desired.

To cook in electric skillet, prepare egg mixture as above. Place filled custard cups in skillet. Fill skillet with very hot water to level of about 1 inch. Cover. Heat at 350°F. until water boils, about 4 to 5 minutes. Reduce heat and simmer until knife inserted near center comes out clean, about 10 to 15 minutes. Remove immediately from hot water. Serve as above.