



Food styling by Michael Peterson, prop styling by Dominique Baynes. Similar to shown: Vintage chopping board, greatstuffypaul.com; Pearl Raised Dots cereal bowl, in white, Frances Palmer Pottery, francespalmerpottery.com for stores.

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# EGGS OVER EASY

Scrambling for a last-minute dinner solution? These fast and simple entrées are kid-friendly, nutritious, and serve four for less than \$10

PHOTOGRAPHS BY JAMES BAIGRIE



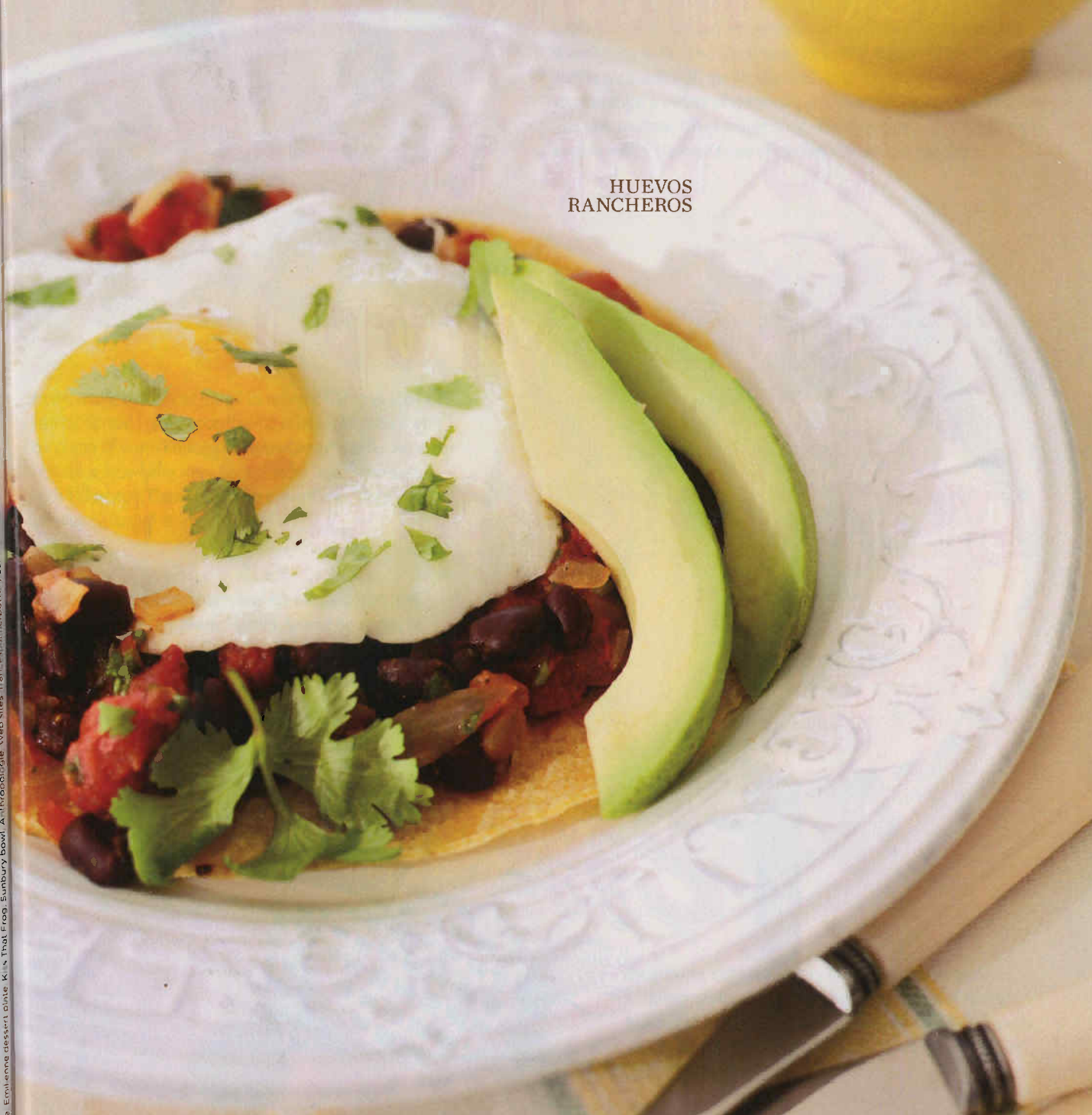




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This page, from top: Pearl soup bowl in white, Frances Palmer Pottery, Campananarda small glass, Kiss That Frog Sculptors salad plate, Anthropologie, Kim Seybert embrocared napkin, Gracious Home, 800-338-7809. Opposite page: Bistro flatware, Comptoir de Paris, Emille, Emille dessert plate, Kiss That Frog, Sunbury bowl, Anthropologie, Web sites: francespalmerpottery.com, kissthatfrog.com, anthropologie.com, cottoctudios.com for stores, complotofamilia.com

HUEVOS RANCHEROS





# Eggs Over Easy



## Curried Egg Salad on Greens

(also pictured on page 192)

**Total time** 30 minutes plus chilling  
**Makes** 4 main-dish servings

**ReciTip** The easiest way to chop eggs is to put them in a bowl and use a hand-held metal pastry blender to cut them into whatever size pieces you want.

- 6 lg. eggs
- 1 Tbsp. olive oil
- 1 lg. onion, sliced
- 1 c. frozen peas, thawed
- Salt and pepper
- 1 lemon
- ¼ c. light mayonnaise
- ½ tsp. curry powder
- 2 stalks celery, sliced

- ¼ c. loosely packed fresh parsley leaves, chopped
- 1 bag (5 to 6 oz.) mixed baby greens
- ½ c. walnuts, toasted and chopped

1. Hard cook eggs: Place eggs in 3-quart saucepan with enough water to cover by 1 inch. Heat water, just to boiling, on high; remove from heat. Cover saucepan and let eggs stand 15 minutes.
2. While eggs are cooking, in 12-inch nonstick skillet, heat oil on medium 1 minute. Add onion and cook about 20 minutes or until very tender and golden-brown, stirring occasionally. Stir in peas, ¾ teaspoon salt, and ¼ teaspoon coarsely ground black pepper; cook 3 minutes longer, until peas are cooked. Remove skillet from heat.
3. When eggs are done, carefully pour

off water and cool eggs in same pan in cold water, changing water occasionally, until eggs are easy to handle, about 5 minutes. Meanwhile, from lemon, grate 1 teaspoon peel and squeeze 2 tablespoons juice. In small bowl, stir lemon peel and juice with mayonnaise and curry powder.

4. Remove shells from hard-cooked eggs. Coarsely chop eggs and place in large bowl.
5. To bowl with eggs, add onion mixture, mayonnaise mixture, celery, and parsley; stir gently with rubber spatula to combine. If you like, cover and refrigerate egg salad 1 hour or until chilled.
6. To serve, place greens on 4 dinner plates; top with egg salad and sprinkle with chopped walnuts.

**EACH SERVING** About 355 calories, 15 g protein, 16 g carbohydrate, 27 g total fat (5 g saturated), 5 g fiber, 323 mg cholesterol, 715 mg sodium.

## Baked Eggs & Polenta with Chunky Vegetable Sauce

**Active time** 30 minutes  
**Total time** 50 minutes  
**Makes** 4 main-dish servings →



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**ReciTip** Chopping canned tomatoes can be messy, with juice running all over your cutting board and onto the counter. An easy way to avoid that: "Chop" the tomatoes right in the can using kitchen shears.

- 1 c. boiling water
- 1 c. low-fat (1%) milk
- ½ c. yellow cornmeal
- Salt and pepper
- ½ c. freshly grated Parmesan cheese
- 1 Tbsp. olive oil
- 1 med. carrot, chopped
- 1 sm. onion, chopped
- 1 sm. zucchini (6 oz.), chopped
- 1 can (14.5 oz.) tomatoes in juice, chopped
- 1 can (8 oz.) tomato sauce
- 4 lg. eggs

**1.** Prepare polenta: In deep 2½-quart microwave-safe bowl or casserole, stir boiling water, milk, cornmeal, and ½ teaspoon salt. Cook, uncovered, in microwave on High 3 minutes. Remove bowl from microwave and whisk cornmeal mixture vigorously until smooth (mixture may be lumpy at first). Microwave 2 to 3 minutes longer or until thickened, whisking once more after cooking is done. Stir in Parmesan. Spread polenta in greased 8" by 8" glass baking dish.

**2.** Meanwhile, preheat oven to 400°F and prepare sauce: In 12-inch skillet, heat oil on medium until hot. Add carrot and onion, and cook about 10 minutes or until tender and beginning to brown. Stir in zucchini and cook about 5 minutes or just until zucchini is tender. Add tomatoes with their juice, tomato sauce, and ¼ teaspoon coarsely ground black pepper; heat to boiling on medium-high. Reduce heat to medium and cook 5 minutes, stirring occasionally. Spread tomato mixture over polenta in baking dish.

**3.** With large spoon, make 4 indentations in tomato mixture. Crack eggs into custard cup, 1 at a time, and slip into each indentation. Bake, uncovered, 12 to 14 minutes or until eggs are set.

**EACH SERVING** About 290 calories, 17 g protein, 29 g carbohydrate, 13 g total fat (4 g saturated), 4 g fiber, 223 mg cholesterol, 1,325 mg sodium.

## Ham & Pepper Jack Soufflé

**Active time** 20 minutes  
**Total time** 1 hour 10 minutes  
**Makes** 6 main-dish servings

- 4 Tbsp. margarine or butter
- ¼ c. all-purpose flour
- 1½ c. reduced-fat (2%) milk, warmed
- 6 oz. Pepper Jack cheese, shredded (1½ c.)
- 4 lg. eggs, separated, plus 1 lg. egg white
- 3 oz. smoked ham, chopped (½ c.)
- 1 can (4.5 oz.) chopped mild green chiles, drained

**1.** Preheat oven to 325°F. Grease 2-quart soufflé dish.

**2.** In heavy 2-quart saucepan, melt margarine on low. Add flour and cook 1 minute, stirring. With wire whisk, gradually mix in milk. Cook on medium until sauce thickens and boils, stirring constantly. Reduce heat to low and simmer 3 minutes, stirring frequently. Stir in Pepper Jack and cook just until cheese melts and sauce is smooth, stirring. Remove saucepan from heat.

**3.** In medium bowl, with whisk, lightly beat egg yolks; gradually whisk in hot cheese sauce. Stir in ham and green chiles.

**4.** In large bowl, with mixer on high speed, beat 5 egg whites until stiff peaks form when beaters are lifted. With rubber spatula, gently fold one-third of beaten egg whites into cheese mixture. Fold in remaining whites just until blended.

**5.** Pour mixture into prepared soufflé dish. Bake about 50 minutes or until

soufflé is puffed and golden-brown and knife inserted 1 inch from edge comes out clean. Serve immediately.

**EACH SERVING** About 295 calories, 17 g protein, 9 g carbohydrate, 22 g total fat (9 g saturated), 1 g fiber, 183 mg cholesterol, 595 mg sodium.

## Huevos Rancheros

(also pictured on page 193)

**Total time** 25 minutes  
**Makes** 4 main-dish servings

- 1 Tbsp. vegetable oil
- 1 med. onion, finely chopped
- 2 cloves garlic, crushed with press
- 1 Tbsp. chipotle sauce or other hot sauce plus additional for serving
- 1 tsp. ground cumin
- 1 can (28 oz.) tomatoes in juice, drained and chopped (see ReciTip, this page)
- 1 can (15 to 19 oz.) black beans, rinsed and drained
- ¼ c. loosely packed fresh cilantro leaves, chopped
- Salt
- 1 Tbsp. margarine or butter
- 4 lg. eggs
- 4 (6-in.) corn tortillas, warmed
- 1 avocado, sliced (optional)

**1.** In 4-quart saucepan, heat oil on medium until hot. Add onion and garlic, and cook 8 minutes or until beginning to brown. Stir in chipotle sauce and cumin; cook 30 seconds, stirring. Add tomatoes; cover and cook 3 minutes to blend flavors, stirring occasionally. Stir in beans, half of cilantro, and ¼ teaspoon →



