

# Extension

## **Seasonal Eating** **Whitney Danhof, Extension Agent**

Spring Eggstravaganza  
March 2013

Ahh Spring! Six hundred cheeping little chicks arrived at our office this week for the 4-H Chick Chain project where youth raise chickens and then bring some of them back to the county fair to sell when they start laying eggs. The project teaches youth responsibility and caring for the animals. Maybe it's the association of spring time with new life or Easter and the egg hunts that seems to make it the perfect time for eggs. It also helps that a lot of the spring vegetables such as mushrooms, peas, asparagus and spinach, pair well with eggs.

Eggs are loaded with protein. This makes them a good option for main dishes. Quiches, layered casseroles and omelets can all be used for breakfast, lunch or dinner. Scram-

bled eggs are good on their own or incorporated into breakfast burritos, fried rice or breakfast pizzas. Scrambled eggs are tender when cooked over medium (not high) heat and salted towards the end of the cooking time. Use a silicone scraper to push the set egg on the bottom of the pan to the middle, allowing the unset egg on top to fill in the path left by the scraper. This will keep the eggs light while adding a little milk to the eggs when beating will keep them fluffy.



Frittatas are a cross between a crustless quiche and an open faced omelet. They are usually cooked in a pan on the stovetop until set on the bottom and then transferred to the oven to broil and set the top. This is one of my favorite ways to enjoy eggs. In the frittata muffins below the mixture is simply spooned into muffin cups and baked until set through to create little individual frittatas. These are easy and can be made ahead to be reheated in the microwave for a quick breakfast that even kids can heat and enjoy. You can add whatever vegetables are in season or other ingredients such as cooked ham, bacon or sausage. This version uses sautéed mushrooms and defrosted frozen peas with the onion and bell pepper. Other spring options include defrosted and well-drained frozen spinach or chopped, blanched asparagus. In the summer, tomatoes and zucchini could be substituted. Serve two of these with some hash browns and bacon or sausage for a great breakfast for dinner treat.

For more ideas on using seasonal produce, visit the Bedford County Extension website (<https://utextension.tennessee.edu/bedford>) and click on Seasonal Eating. The Seasonal Eating Cooking Demonstration on Easter Eggstravaganza will be on Wednesday, March 20 at 12:00 noon at the Extension Office. Call the Office at 684-5971 to sign up and bring \$7.00 to class to cover the samples.

### Frittata Muffins

- 1 tablespoon butter
- 8 ounces mushrooms, chopped
- 6 eggs
- 1/2 cup milk
- 1/2 teaspoon dry mustard
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 cup shredded Cheddar cheese
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped green bell pepper
- 1/2 cup frozen green peas, thawed

In small skillet, melt butter and add mushrooms. Sprinkle with a pinch of salt and pepper and sauté until they release their moisture and are lightly browned. Meanwhile, in a medium bowl whisk together eggs, milk, mustard, 1/4 teaspoon salt and 1/8 teaspoon pepper. Stir in cheese, onion, bell pepper, peas and mushrooms. Spoon into 12 greased muffin cups. Bake at 350 degrees for 20-22 minutes or until set. Let rest 5 minutes and then remove from cups by running a knife around each one to loosen.