

**Seasonal Eating**  
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**Brunching at Home**  
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Brunch has grown far beyond a once-a-year Mother's Day or Easter outing. With restaurants offering breakfast all day and entire chains dedicated to mid-morning meals, brunch has become a true weekend ritual. Brunch style entertaining at home on the weekends has become a whole culture with social media and blogs filled with brunch recipes and ideas.

Having a leisurely meal on the weekend and socializing with family or friends is a great way to relax. There are many recipes that fit the brunch vibe from salads of fresh fruits or vegetables to egg dishes and baked goods to butter boards and bagel bars. The combination of breakfast and lunch dishes mixed with appetizers and desserts creates a beautiful and tasty meal to savor.



Spring seasonal produce shines at brunch. Asparagus, greens, spinach, spring onions, radishes, broccoli and strawberries all work well in brunch casseroles, quiches, salads, baked goods and desserts. The Creamed Eggs recipe below features fresh asparagus and green onions with the traditional Easter ingredients of eggs and ham for a winning Spring brunch dish.

When I was in college, the cafeteria served simple creamed eggs—just chopped hard-boiled eggs in white sauce over biscuits. It didn't sound appealing, but after one try, I was hooked. It was worth getting up early. This version elevates that humble dish with asparagus and ham, turning it into something worthy of a leisurely brunch.

To round out your brunch table try adding some dishes like fresh fruit, a beet and orange salad, a simple green salad with radishes or a broccoli salad. A sweet dish like lemon tart or a strawberry cake for dessert complements the spring theme. Coffee and some fruit juice or fruit tea or even a mimosa will complete an elegant brunch for your next weekend.

Whether you're hosting family for Easter or simply enjoying a cozy weekend at home, brunch is a delicious way to slow down and savor the season and take advantage of the abundant spring produce. For more information and recipes check out the Seasonal Eating page at [bedford.tennessee.edu](http://bedford.tennessee.edu).

**Creamed Eggs**

- 2 tablespoons butter
- 1/4 cup sliced green onion
- 1/2 cup finely chopped green bell pepper
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 1/2 cups milk
- 4 hard-boiled eggs, chopped

4 split and toasted English muffins

4 slices cooked ham, heated

16 cooked asparagus spears (can microwave, roast or sauté until just tender)

In a large skillet or heavy saucepan over medium heat, melt the butter. Add onions and peppers; cook, stirring, until vegetables are tender. Add flour, salt and pepper and cook 1-2 minutes. Add milk and whisk together. Bring to a boil, cooking until thickened, stirring frequently. Gently stir in the eggs. Place the toasted muffins on individual plates and top each with a ham slice and 4 asparagus spears. Ladle the eggs over the top. Garnish with a little black pepper and sliced green onions.