

Scrambled Egg Skillets

Easter Sunday Country Style | March 2008



The amounts given below are for one serving in a personal-size skillet. The 6 1/2-inch Logic Cast Iron Skillets shown are from Lodge Manufacturing (\$10; lodgemfg.com).*

START TO FINISH: 15 MINUTES

- 3 EGGS
- 3 TBSP. MILK
- 1/8 TSP. SALT
- DASH GROUND BLACK PEPPER
- 1–2 TSP. BUTTER OR MARGARINE
- 1 TBSP. CHOPPED ONION
- 1/4 TSP. MINCED GARLIC

In a medium bowl beat together eggs, milk, salt, and pepper with a wire whisk or fork. In a 6 1/2-inch skillet melt butter over medium heat; add onion and garlic and cook until soft. Pour in egg mixture. Cook over medium heat, without stirring, until mixture begins to set on the bottom and around edge.

With a spatula or a large spoon, lift and fold the partially cooked egg mixture so that the uncooked portion flows underneath. Continue cooking over medium heat for 2 to 3 minutes or until egg mixture is cooked through but is still glossy and moist. Remove from heat and serve immediately. Makes 1 serving.

Per serving: 345 cal., 27 g fat (13 g sat. fat), 669 mg chol., 602 mg sodium, 5 g carbo., 0 g fiber, 21 g pro.

BACON-TOMATO VARIATION: Prepare *Scrambled Egg Skillets* as directed, except fold in 2 tablespoons cooked chopped bacon (1/2 slice), 3 tablespoons chopped tomato, and 1/4 cup shredded Swiss cheese or cheddar cheese as eggs begin to set. Garnish with finely chopped Italian parsley.

Per serving: 481 cal., 37 g fat (18 g sat. fat), 699 mg chol., 752 mg sodium, 8 g carbo., 1 g fiber, 30 g pro.

SALMON LOX VARIATION: Prepare *Scrambled Egg Skillets* as directed, except fold in 1 ounce thinly sliced smoked salmon (lox-style), coarsely chopped, and 1 ounce crumbled goat cheese or 1/4 cup shredded Swiss cheese as eggs begin to set. Garnish with snipped fresh dill.

Per serving: 481 cal., 37 g fat (19 g sat. fat), 698 mg chol., 1,315 mg sodium, 5 g carbo., 0 g fiber, 32 g pro.

OTHER VARIATIONS: Consider adding chopped cooked artichoke hearts, sautéed sweet-pepper strips or sliced mushrooms, chopped avocado, baby spinach leaves, and/or assorted shredded cheeses as eggs begin to set.

*NOTE: If using a large skillet in place of the individual skillets, use 1 large skillet for up to 7 servings and 2 for 8 or more.