

This Month's Feature North Carolina Eggs

Nutritious, Delicious, Affordable, Fast Food....Eggs....they are INCREDIBLE!!

Did you know Eggs contain *all natural* high quality protein? The highest quality protein of any food you can buy. If you want to BE Incredible, EAT Incredible! Eggs are an incredible source of energy for the body and mind. Can your breakfast do that?

Also, eggs are an EXCELLENT source of the nutrient CHOLINE (Koe'-Leen). This nutrient enhances memory and actually builds and strengthens cells (including brain cells).

So enjoy NC Eggs for breakfast, lunch, dinner, snack or even dessert. They are delicious and nutritious any time of the day!

Chocolate Pots De Crème

1 (6 oz.) package real semi-sweet chocolate chips

3 tablespoons sugar

½ cup coffee

4 eggs

½ teaspoon vanilla, rum or brandy extract

Whipped cream, optional

Pulverize chocolate chips in a blender or food processor. Stop blender once or twice to scrape sides. Put coffee, sugar and eggs in a saucepan, stirring constantly while you heat to steaming. You don't want to scramble the eggs, but if they accidentally form soft curds, that are OK, the blender will take care of them. Add the coffee/sugar/egg mixture to the pulverized chocolate chips and blend well. Add the extract to the chocolate mixture and pour into individual containers (wine glasses work well). Yield 4 servings or 8 mini desserts.

Chill a few hours or overnight. When chilled, the pudding will be as thick as baked custard. May be served with whipped cream.

PERSONAL Note: I love this recipe!! It is so easy, rich and delicious! The best part is the fact that you can make it ahead. You also don't need very much because it is so rich. I make fresh whipped cream for this one and don't add any sugar or vanilla so it can enhance the chocolate. Just get a pint of heavy whipping cream and let your mixer go on high. It goes faster if you put your bowl and the beater in the freezer for a few minutes before mixing.

Microwave Eggs Divine – Incredible!

1 16 oz. package broccoli florets, thawed and drained

6 hard-cooked eggs, chopped

1 cup cooked chicken, chopped

1 teaspoon minced onion

1 can reduced-fat Cream of Chicken Soup

¼ cup fat-free mayonnaise
1 teaspoon lemon juice
1/3 cup grated cheddar cheese
1-cup breadcrumbs
1-tablespoon margarine

Arrange chicken in a 9x9-inch glass-baking pan. Top with eggs. Mix together soup, onion, mayonnaise and lemon juice. Spoon the soup mixture over the first two ingredients. Top with broccoli and cheese. Microwave bread crumbs with margarine on full power for 30-40 seconds to toast. Sprinkle breadcrumbs over all. Microwave on full power for 7-10 minutes, rotating once, until cheese is melted and soup bubbles.

PERSONAL Note: I am amazed that this can be made in the microwave. I cook bacon, melt butter and warm things up but to cook an entire meal in the microwave well, that's a new one for me. I loved it though because it was quick and easy.

Praline French Toast

1 cup firmly packed light brown sugar
½ cup butter
2 tablespoons light corn syrup
1- 8 ounce package crescent rolls
6 large eggs
1½ cups milk
1-teaspoon vanilla
¼ teaspoon salt

Praline topping (optional)

1 stick butter
½ cup packed light brown sugar
½ cup chopped pecans
1 Tablespoon light corn syrup
¼ teaspoon cinnamon
¼ teaspoon nutmeg

Stir together sugar, butter and corn syrup in a small saucepan. Cook over low heat until butter melts and mixture is smooth. Pour into lightly greased 13 x 9-inch dish. Place rolls in a single layer over syrup.

Whisk together eggs, milk, vanilla and salt; pour over rolls. Cover and chill overnight.

Remove from refrigerator and let stand at room temperature for 30 minutes. Combine Praline Topping ingredients in a medium bowl and blend well. Spread evenly over the casserole before baking. Bake at 350 degrees uncovered for 45 minutes. Serves 4-6.

PERSONAL Note: The recipe came from a recipe book called Barracuda in Velvet Gloves which was put together by The Charity League in Martinsville, VA. I was lucky enough to enjoy it for the first time at my Bible Studies Christmas brunch. I would like to thank Susan Chandler for making it and sharing this wonderful recipe.

Just good to know...

Hard-cooked Eggs:

Put the eggs in one layer on the bottom of the pan. Put the pan in the sink. Run water into the pan until the water is 1 inch over the eggs. Put the pan on a burner. Turn it to medium-high heat.

Let the water come to a boil. Put the lid on the pan when the water is boiling. Move the pan onto a cold burner. Set the timer for 15 minutes for Large-sized eggs (or for 12 minutes for Medium-sized eggs or for 18 minutes for Extra Large-sized eggs).

Put the pan in the sink when the time is over. Run cold water into the pan until the eggs are cool. Put the eggs into the refrigerator if you're going to use them later or peel them if you're going to use them right away. Be sure to use all the cooked eggs up before a week is over.

Gently tap a cooled egg on the countertop or table until it has cracks in it. Roll the egg between your hands until the cracks turn into small crackles all over the egg.

Use your fingers to start peeling off the shell at the large end of the egg. If you need to, you can hold the egg under running cold water or dip it in a bowl of water to make peeling easier. Throw out the pieces of eggshell when the egg is all peeled.

You can eat the egg or use it in a recipe when it's peeled.

[VIDEO LINKS AT TOP OF PAGE](#)

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Praline French Toast

NC Recipes from Bloomsbury Bistro with Chef John Tolar