

Title:

Cook Simply for the Two of You

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Summary:

Preparing a meal for just the two of you can be quick and easy, especially if you keep eggs on hand.

Keywords:

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Article Body:

Preparing a meal for just the two of you can be quick and easy, especially if you keep eggs on hand. Versatile eggs are a high-quality protein food portioned by nature to suit small households. Egg producers have made eggs even more convenient by offering 6- and 8-count packs to retailers. However many eggs you buy, they'll keep in the refrigerator, with insignificant quality loss, for at least three weeks from the time you bring them home.

With eggs in the fridge, it's easy to add a welcome change of pace to your menus. Eggs can also help you include more vegetables in your diet, as the new Dietary Guidelines for Americans recommend. Quiche in Pepper Pots is a good example of an entree that combines egg protein with the vitamins, minerals and fiber of veggies.

These novel individual quiches are easy on the cook, too. Simply choose any colorful vegetable blend you like to fill the peppers, pour on an egg-and-milk custard and bake. Got company coming? Then just multiply the recipe to suit the number of servings you need.

For fast, nutritious eating other times, you can use the remaining eggs you have on hand in a variety of ways. Toss slices or wedges of hard-cooked eggs with greens and other veggies for a main-dish salad; poach eggs right in your favorite soup; reheat leftover pasta and veggies and pour on eggs to make a skillet scramble.

Quiche in Pepper Pots

2 servings

2 medium (about 4 oz. each) green, yellow or sweet red peppers

1/2 cup (about 8 oz.) frozen vegetable blend, thawed

2 eggs

1/4 cup skim or low-fat milk

1/4 teaspoon garlic powder

1/4 teaspoon Italian seasoning, crushed

Cut tops off peppers and remove seeds. Sawtooth or scallop pepper edges, if desired. Stand peppers upright in custard cups or muffin-pan cups. Spoon 1/4 cup of the vegetables into each pepper. In small bowl, beat together eggs, milk and seasonings until well blended. Pour about 1/3 cup of the egg mixture over vegetables in each pepper.

Bake in preheated 325 degree F oven until knife inserted near center comes out clean, about 60 to 70 minutes. Let stand 5 minutes before serving.

Nutrition information per serving of 1/2 recipe using green and yellow peppers; broccoli, sweet red pepper, mushroom and onion vegetable blend; and skim milk: 119 calories, 5 gm total fat, 213 mg cholesterol, 89 mg sodium, 283 mg potassium, 10 gm carbohydrate, 9 gm protein and 10% or more of the RDI for vitamins A, B12 and C, riboflavin, phosphorus.