



SCRAMBLED EGGS WITH CREAM CHEESE AND SCALLIONS

Can be prepared in 45 minutes or less.

- 4 scallions, chopped fine
- 1 tablespoon unsalted butter
- 4 large eggs
- 2 ounces cream cheese, cut into bits and softened

In a small non-stick skillet cook the scallions in the butter over moderately low heat, stirring, until they are soft. In a bowl whisk together the eggs, the cream cheese, and salt and pepper to taste, pour the egg mixture into the skillet, and cook the mixture over moderate heat, stirring, for 3 to 4 minutes, or until it is cooked through.

Serves 2



CREAMY SCRAMBLED EGGS WITH HERBS

6 eggs

4 ounces light cream cheese, diced

1/4 cup chopped green onions

1/4 cup chopped fresh basil or 2 teaspoons dried, crumbled

2 tablespoons chopped fresh parsley

2 tablespoons milk

2 teaspoons chopped fresh oregano or 1/2 teaspoon dried, crumbled

2 tablespoons (1/4 stick) butter

Beat eggs in large bowl to blend. Beat in next 6 ingredients. Season with salt and pepper. Melt butter in heavy large skillet over medium-high heat. Add egg mixture and stir until eggs are scrambled, about 4 minutes. Serve immediately.

4 servings



SCRAMBLED EGGS WITH SAUSAGE AND THYME

Reduced-fat cream cheese gives this dish a nice texture. Put out some sliced melon with grapes, and offer coffee and orange juice.

8 large eggs
1 tablespoon coarse-grained mustard
1/2 teaspoon salt
1/2 teaspoon ground black pepper
3 tablespoons butter
4 ounces fully cooked smoked turkey sausage (such as kielbasa), quartered lengthwise, thinly sliced crosswise
3/4 cup chopped green onions
2 teaspoons dried thyme

4 ounces Neufchâtel cheese (reduced-fat cream cheese), cut into small pieces Fresh thyme sprigs (optional)

Whisk eggs, mustard, salt and pepper in large bowl to blend well. Melt 1 tablespoon butter in 12-inch-diameter non-stick skillet over medium heat. Add sausage and stir until brown, about 3 minutes. Add green onions and thyme and stir 1 minute. Transfer mixture to bowl.

Add 2 tablespoons butter to same skillet; melt over medium heat. Add eggs and cheese; stir until eggs are softly set and cheese begins to melt, about 3 minutes. Add sausage; stir until eggs are just set, about 2 minutes longer. Transfer to platter. Garnish with thyme sprigs, if desired.

Serves 4