

K's Kitchen: Mother's Day brunch egg dish



By Kathryn Reed

How many times has mom made breakfast for you? Maybe she is still doing it. Sunday is Mother's Day – breakfast in bed or even in the kitchen would be a nice way to start the day for her.

The egg dish below was inspired by the cookbook "Best of the Best from Arizona." I followed the directions in the book and didn't like the end result so I refined it, made it again and came up with something worth sharing.

Sometimes I wonder how recipes get published. Do the editors try them? I have given the cookbook away, so if you picked it up at the recent El Dorado County library book sale, be warned that I wasn't completely impressed with the cookbook.

The original recipe calls for corn tortillas. I thought they overpowered the other flavors. I'm also partial to flour and use those in everything – so it could be my taste buds.

I like salsa with many egg dishes. This one originally didn't call for it, but I would put it as a condiment on the table to let mom or whomever else decide for themselves.

Any cheese could be used.

Definitely grease the pan; I forgot one time. Set the timer for 45 minutes and stick a fork in it to see if any egg comes

off. Cook longer at five-minute segments until the egg doesn't stick to the fork.

To make a full meal, include some fruit on the side – not a whole apple or banana – more like a fruit salad. For meat eaters out there, diced ham, crumbled sausage or small pieces of bacon could easily be added to the egg dish.

Southwestern Egg Bake

8 corn tortillas or 4 medium size flour tortillas

$\frac{3}{4}$ pound grated Co-Jack cheese or combination of Cheddar and Monterey Jack cheeses

8 ounces diced green chiles (a can is just fine)

Sliced black olives

8 eggs

1 cup milk

$\frac{3}{4}$ teaspoon chili powder

$\frac{3}{4}$ teaspoon black pepper

$\frac{1}{2}$ teaspoon salt

Crushed corn chips

Sour cream, cilantro, salsa (optional)

Break tortillas into greased 9 x 13 pan. Mix together grated cheese, chiles, olives, eggs, milk and seasonings. Poor over tortillas and top with crushed corn chips. Bake at 350 degrees for one hour. Top with sour cream and cilantro, if desired. Makes 8-10 servings.