

# Not your ordinary scrambled eggs

By Kathryn Reed

Scrambled eggs are just about the only way I make eggs. But that can get a wee bit old even for someone who doesn't make them that often.



The recipe below is something I made for Sue for her birthday earlier this month. I think it would be a perfect Mother's Day breakfast as well.

The recipe is from the June 2010 *Cooking Light* magazine. I think I will have to try it again when morels in Tahoe start to sprout. I used a mixture of dried mushrooms.

While the recipe says it makes enough for four servings, we found it was better for three. But I didn't serve anything else with it. So if fruit or something else were to be paired with it, the egg concoction would go farther because the diners would need less to feel satisfied.

The rest is from The Enlightened Cook column of the magazine:

## **Scrambled Eggs with Morel and Tarragon Cream Sauce**

*Use fresh morel mushrooms if they're available – substitute 1 cup cleaned, fresh mushrooms for dried. The light anise notes from the tarragon make a natural pairing for eggs and also complement the earthiness of the mushrooms.*

1/2 C (about 1/2 ounce) dried morel mushrooms

2 tsp butter

$\frac{1}{4}$  C finely chopped shallots

$\frac{1}{2}$  C organic vegetable broth

1 tsp fresh lemon juice

$\frac{1}{3}$  C reduced-fat sour cream

2 tsp chopped fresh chives, divided

2 tsp chopped fresh tarragon, divided

$\frac{1}{4}$  tsp salt, divided

$\frac{1}{4}$  tsp freshly ground black pepper, divided

Cooking spray

3 large eggs

3 large egg whites

4 English muffins, split and toasted

Place mushrooms in a bowl, and cover with boiling water. Cover and let stand 20 minutes or until tender. Drain well; coarsely chop.

Melt butter in a large nonstick skillet over medium-high heat. Add shallots; sauté 1 minute. Add mushrooms; sauté 2 minutes. Add broth and juice; cook 2 minutes. Remove from heat; stir in sour cream. Stir in 1 teaspoon chives, 1 teaspoon tarragon,  $\frac{1}{8}$  teaspoon salt, and  $\frac{1}{8}$  teaspoon pepper. Place mushroom sauce in a small bowl; cover and keep warm. Wipe pan clean with a paper towel.

Heat pan over medium heat, and coat with cooking spray. Whisk together remaining 1 teaspoon chives, 1 teaspoon tarragon,  $\frac{1}{8}$  teaspoon salt,  $\frac{1}{8}$  teaspoon black pepper, eggs, and egg whites. Pour egg mixture into pan. Cook for 4 minutes or until soft-scrambled, stirring frequently.

Place 2 muffin halves, cut sides up, on each of 4 plates. Top each serving with about 3 tablespoons sauce and  $\frac{1}{4}$  cup eggs.