

Recipe of Brunch

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Brunch is generally served between the traditional hours for breakfast and lunch, a convenient time that leaves the evening free for you and your guests. Easy on the cook, a brunch menu usually stars comforting and simple-to-prepare dishes, most often based on nature's own convenience food, eggs. Below is the recipe

Recipe of Brunch Ingredients :

- Fresh dill sprigs, optional
- part-skim mozzarella cheese
- shredded low-moisture,
- 6 tablespoons (about 1.5 oz.)
- 6 eggs
- 2 cups shredded carrots (about 8 oz.)
- mayonnaise
- 3 tablespoons reduced-fat
- 3 tablespoons Dijon mustard
- 4-inch diameter), uncut
- 6 Kaiser or round rolls (about
- 6 servings
- Baked Eggs in Bread Bowls

Recipe of Brunch Methods :

• Slice tops off rolls about 3/4 inch from top. With fork, scrape out insides of bottoms of rolls, leaving about 1/2-inch wall all around. Save crumbs for another use. Set rolls aside.

• In medium bowl, stir together mustard and mayonnaise until well blended. Stir in carrots until evenly coated with mustard mixture. Spoon 1/3 cup of the carrot mixture over bottom and up sides of each roll to form a nest. Place rolls and tops, cut side up, on baking sheet. Break and slip an egg into each carrot nest. Sprinkle

• 1 tablespoon cheese over each egg. Bake in preheated 325 degree F oven until whites are completely set and yolks begin to thicken but are not hard, about 30 to 35 minutes. Garnish with dill sprigs, if desired.

• Nutrition information per serving of 1/6 recipe without dill garnish: 250 calories, 9 gm total fat, 216 mg cholesterol, 561 mg sodium, 231 mg potassium, 26 gm carbohydrate, 12 gm protein and 10% or more of the RDI for

• vitamin A, riboflavin, thiamin