



'Round My Table
By
May Killebrew Vokaty

a quick supper, or plan ahead and make a pot of spicy beans from scratch, for an extra boost of nutrition, sauté vegetables such as kale, zucchini or even corn with onions and add to the beans.

SKILLET HUEVOS RANCHEROS

Yield: 4 servings

- 2 Tablespoons of coconut oil
- 4 six-inch corn tortillas
- 2 cups of cooked, seasoned beans (any type works, black, pinto etc.)
- 4 eggs (1 per serving, add more if you like)
- Garnish: Avocado, Sour cream, Lime, cut into wedges, Cilantro, Crumbled cotija or queso fresco or other cheese, Hot sauce, Pico de gallo

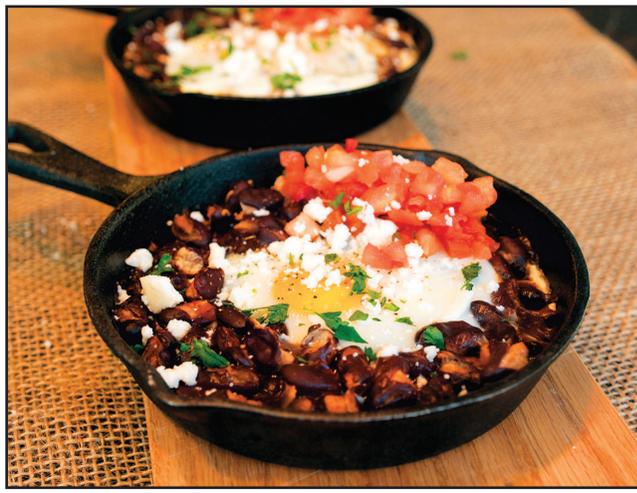
Preheat the oven to 400°F. Divide the coconut oil among four small cast iron skillets and place over medium high heat and melt the oil, swirling the pan to coat the sides and bottom of the skillet. Add 1 corn tortilla and cook over medium high

to serve eggs for supper is Skillet Huevos Rancheros. A fun twist on this classic is to use individual cast iron skillets; the eggs cook quicker and when served with a variety of condiments, everyone can personalize supper to his or her liking.

Canned beans work in for

Eggs are packed with high quality protein; they are delicious and cook in a flash. But too often we limit eggs to the breakfast table. Let's break out of our shell and put eggs to work long past breakfast with one of these delicious recipes for Eggs for Supper.

One of most versatile ways



A spicy little pot of beans and eggs for dinner will make cowboys of all ages happy.

(Photo by May Vokaty)

heat until the tortilla begins to blister and brown. Flip the tortilla and remove from the heat; allow the residual heat to cook the second side. Repeat until all the skillets have cooked tortillas. If using one large cast iron skillet cover the bottom and part way up the sides with overlapping corn tortillas and cook until brown on one side, then flip as directed.

Divide the beans among the skillets, making little indentions with the back of the spoon for the eggs. Carefully slide an egg into each indentation. Sprinkle the eggs with salt and pepper and bake for 10-12 minutes or until yolks are cooked to your preference. Serve immediately with suggested garnishes.

A Croque Monsieur is a grilled ham and cheese sandwich, with a French twist. The French turn a simple sandwich into an ooey gooey decadent creation that is so rich and filling it must be eaten with a knife and fork and a glass of champagne (brut, of course). A Croque Monsieur has a quick gender swap when topped with a fried egg and becomes a Croque Madame.

CROQUE MADAME

Yield: 2 sandwiches

- 2 Tablespoons unsalted butter
- 2 Tablespoons all purpose flour
- 1 1/2 cups whole milk
- Pinch of salt
- Pinch of white pepper
- 1 teaspoon Dijon mustard
- 4 slices dense toasting bread
- 6 slices of high quality ham
- 4 slices Swiss cheese or 1 cup grated Gruyere cheese
- 2 eggs, fried to your preference

Preheat the oven broiler. Set a small saucepan over medium high heat and melt the butter; whisk in the flour to make a roux; continue whisking for 1 minute. Slowly pour in the milk, whisking constantly. Lower the heat and slowly cook the sauce until it thickens. Whisk in the Dijon mustard; taste and season with salt and white pepper.

Assemble the sandwiches on a baking sheet by dividing the ham and cheese between 2 slices of bread. Toast under the broiler until the cheese melts; top with the remaining slices of bread and a generous spoonful of the sauce. Return the sandwiches to the oven and cook slowly under the broiler until golden brown. Remove from the oven and top with a fried egg. Serve immediately.

Italians handle leftovers much better than the average American. How many of us have eaten leftover spaghetti, warmed over in the storage container and felt, deep inside, that this leftover spaghetti could have been so much more?

When it comes to cooking spaghetti, I have a terrible

Card of Thanks

We want to express our sincere thanks to everyone who participated in and contributed to the Friends of the Lexington Public Library's Jail for Dollars Fundraiser for 2018. All proceeds will be used to purchase library

materials (books, magazines, newspapers, DVDs, etc.) and to fund library programming.

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time measuring correctly, which almost always leaves me with a container of leftover pasta in the fridge. Sometimes it's sauced, sometimes not. This recipe works either way.

SPAGHETTI FRITTATA

Yield: 4 servings

- 6 large eggs
- 1/4 to 1/2 cup grated Parmesan cheese
- 1/4 to 1/2 cup grated mozzarella cheese
- 1 ten inch well seasoned cast iron skillet
- 2 Tablespoons of olive oil or coconut oil
- About 4 ounces of cooked spaghetti, sauced or not, doesn't matter^

Preheat the oven to 350°F.

In a medium sized mixing bowl, whisk the eggs very well, until no streaks appear; mix in the cheese and set aside. Warm up the spaghetti in the microwave with a couple tablespoons of water until soft and warm, but not hot. Pour off the water that is not absorbed. Keep

warm. Heat the skillet over high heat; heat the oil until it begins to shimmer. Add the spaghetti; reduce the heat to medium high and pour the egg mixture over the pasta. Cook until the egg begins to set around the edges of the pan, about 4 minutes. Use a long off-set spatula or other long skinny blade to free the frittata from the edges of the pan and then slide the spatula under the frittata to make sure it's not sticking. Transfer the frittata to the hot oven and cook until the top is no longer liquid and begins to brown. Remove from the oven, cool 5 minutes in the pan and then use a spatula to transfer the frittata to a serving board; serve.

^Use spaghetti, linguini or angel hair pasta here, other shapes will not work well

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"At least I didn't get skunked." That is a comment that is frequently made after a long deer hunting season that nearly ended without a harvest. For some, it signifies a win in a make-believe world of deer hunting competition. We all should understand this because most of our lives are lived in the

mindset of, performance determines pleasing and pleasing determines success, success determines greater benefits. For instance, if I perform well, my boss is pleased, and if my boss is pleased, I have success and whatever benefits come from that success. Those benefits (Continued on page 9.)

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