



## GREEN EGGS AND HAM



Here are some recipes that are  
eggs-tremely tasty and easy to follow too!

### Green Eggs and Ham à la Sam-I-Am

#### Ingredients

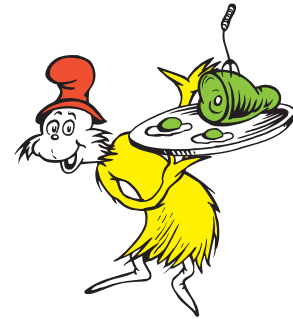
- 1-2 tablespoons of butter or margarine
- 4 slices of ham
- 8 eggs
- 2 tablespoons of milk
- 1-2 drops of green food coloring
- 1/4 teaspoon of salt
- 1/4 teaspoon of pepper

#### What You'll Need

knife, medium-size mixing bowl, wire whisk or eggbeater, large frying pan, spatula, aluminum foil, serving plates

1. With an adult's help, melt a teaspoon of butter in a large frying pan over medium heat. Add sliced ham and brown until edges are slightly crisp. Remove the ham from the pan, cover with aluminum foil, and set aside.
2. In a medium-size mixing bowl, combine the eggs, milk, salt, and pepper. Beat with a whisk until frothy. Then add 1-2 drops of green food coloring until you reach the desired shade of green.
3. With an adult's help, heat a tablespoon of butter or margarine in a large frying pan over medium heat until the butter begins to sizzle. Then add the egg mixture to the pan.
4. Stir the egg mixture with a spatula until the eggs are firm and not too runny.
5. Transfer the eggs to individual plates. Garnish with a sprig of parsley. Add the ham prepared earlier. Serve with toast or warm rolls.

Feeds 4 hungry green-egg lovers.





## GREEN EGGS AND HAM



### Green Eggs and Ham Deluxe

#### Ingredients

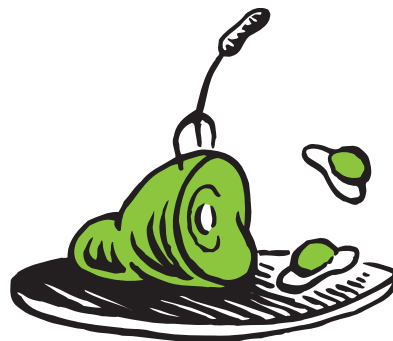
- 2-4 ounces of ham
- 8 eggs
- 2 tablespoons of milk
- 1/4 cup of chopped chives
- 1/8 cup of chopped fresh parsley
- 1/4 teaspoon of salt
- 1/4 teaspoon of pepper
- 1 tablespoon of butter or margarine

#### What You'll Need

knife, medium-size mixing bowl, wire whisk or eggbeater, large frying pan, spatula, serving plates

1. With an adult's help, cut the ham into small pieces.
2. In a medium-size mixing bowl, combine the eggs, milk, ham, salt, pepper, chives, and parsley. Beat with a whisk until frothy.
3. With an adult's help, heat a tablespoon of butter or margarine in a large frying pan over medium heat until the butter begins to sizzle. Then add the egg mixture to the pan.
4. Stir the egg mixture with a spatula until the eggs are firm and not too runny.
5. Transfer the eggs to individual plates. Garnish with a sprig of parsley. Serve with toast or warm rolls.

Feeds 4 hungry green-egg lovers.





## GREEN EGGS AND HAM



### Green Eggs-travaganza!

#### Ingredients

- 4 eggs
- 3 teaspoons of mayonnaise
- 1 teaspoon of mustard
- 1/4 teaspoon of salt
- 1/4 teaspoon of pepper
- 2 drops of green food coloring

#### What You'll Need

knife, medium-size mixing bowl, spatula, medium-size saucepan, serving plates

1. Place the eggs in a saucepan and cover with cold water. With an adult's help, cook over high heat until the water starts to boil. Then turn the heat to low and simmer (low boil) for 10 minutes.
2. Place the cooked eggs in cold water. When they are cool enough to touch, crack the eggshells all over by rolling them on a hard surface. Peel away the shells carefully and cut the eggs in half widthwise.
3. Remove the yolks from the eggs and place them in a mixing bowl. Add the mayonnaise, salt, pepper, and mustard.
4. Stir the egg mixture with a spatula until it is creamy. Add green food coloring until you reach the desired shade.
5. Scoop the egg mixture back into the egg whites. Place the eggs on top of individual ham rounds and serve with toast points if desired.

Feeds 4 hungry green-egg lovers. (Double or triple quantities if you're serving this as fun finger food at an eggs-travagant party!)

