

## CREAMED EGGS ON TOAST

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- Place **9 eggs** in pan, cover with **water**, and bring to a boil.
- Boil 4 1/2 minutes.
- Remove from heat and place immediately in ice water to cool.
- Remove shells from eggs.
- Peel whites from the yolks, and place yolks in a bowl.
- Chop egg whites and set aside.
- Mash egg yolks.
- In the same saucepan over medium heat, melt **1/4 cup margarine** (I use Smart Balance light original with flax).
- Gradually whisk in **1/4 cup unbleached all-purpose flour** until combined.
- Slowly whisk in **milk** (I use unsweetened plain soy milk) until mixture is a smooth consistency. I didn't measure the milk; just whisked in until the white sauce was the consistency I wanted - somewhere between 1 and 2 cups probably.
- Stir in the mashed egg yolks and cook until well blended.
- Add in the chopped egg whites and stir until incorporated. Remove from heat.
- Season with **salt** and **pepper** to taste.
- Serve over toast.

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