



In the year 2008, the World experienced many unprecedented events. The Global financial Crises, the Election of a new President in the United States, the 2008 Summer Olympics held in China on August 8th, to name a few.

We face many challenges in the coming year. Worldwide Recession, Middle East Conflicts, Terroristism, Global Warming, Population Growth, Civil Wars in Africa, just to name a few.

In the summer of 2008, together with higher food prices, we also saw gas prices as high as \$5.00 a gallon. For many Americans, it was the first time we had to tighten our belts in our lives. We made it through the 'tough time' with old fashioned conservation. We drove less and consumed less food.

The need to conserve resources is a sign of the future to come.

Globally, natural resources are depleting while human population continues to increase. Oil, land to grow food, coal to produce electricity, fishes in the sea, is ALL stretched to the limit. We need to practice conservation in everything we do, everyday.

In the coming month, MoreTimeForFun.com will be focusing on tips for conservation. As we conserve natural resources, we will have more time, money, clean air, and water and land, to have fun.

To start with, we will be sharing TWO recipes this month. These two recipes, [Smoked Salmon Scrambled Eggs](#) and [Key Lime Pie](#) for dessert, will utilize one's "left over" as part of the second one's ingredient, minimize waste.

Yes, we have a lot of work ahead of us in 2009, but, as it turns out, this is the Chinese Year (Jan 26 2009) of the OX. The Ox is the sign of prosperity through fortitude and hard work. Very fitting, in our opinion!

Happy New Year!

Quote of the Month. Albert Einstein: Only a life lived for others is a life worthwhile. This is a fitting quote as we need to take actions now, to leave our children a livable world.



Smoked Salmon Scrambled Eggs

Source: William Sonoma

Serving Size: 4

Prep Time: ~20 min

Cooking Time: ~ 20 min



Note: Keeping the heat low and only using butter (no milk, please) create creamy, soft, buttery scrambled eggs. Serve with toasted bagels for brunch, or add asparagus and open a bottle of Champagne for a late-night supper.

Directions:

- In a large, heavy nonstick sauté pan over low heat, melt the butter.
- Set aside 2 Tbs. of the green onions to use for garnish, and add the remaining green onions to the pan.
- Sauté until soft and translucent, **about 3 minutes.**

Cook the Asparagus

- Meanwhile, in a bowl, using a fork, beat the eggs with pepper to taste until blended.
- Pour the eggs into the sauté pan and, using a wooden spoon, stir continuously, reaching the bottom and edges of the pan, until the eggs begin to thicken and break into curds, **about 5 minutes.**
- Keep stirring until the eggs are almost firm, about **4 minutes more.**

Warm the Serving Plates

- Remove the pan from the heat and fold the salmon and cream cheese into the eggs.
- Return to low heat for about **30 seconds** to melt the cheese.
- Transfer the eggs to warmed plates or a platter, sprinkle with the reserved green onions and garnish with tarragon sprigs. Add Asparagus and serve immediately.

Ingredient List

- 5 Tbs. unsalted butter
- 4 green onions, white portion and about 2 inches of the green tops, chopped
- 6~8 eggs (or Use Egg Whites)
- 1/4 tsp. freshly ground pepper
- 3 oz. smoked salmon, chopped
- 3 oz. cream cheese, cut into 1/4-inch cubes, at room temperature
- Fresh tarragon sprigs (optional)
- One small bunch of thin-medium Asparagus, tough end cut off and trimmed.



KEY LINE PIE

Source: Morton's Cookbook

Serving Size: 8

Prep Time: ~ 20 min

Cooking Time: ~ 35 min

Refrigerate: 3 to 4 hours



NOTE:

If using fresh lime, you'll need about 6 limes.

Instructions

- Preheat electric oven to 375°F.
- Brush inside of crust with egg white; bake for **5 minutes**.
- In a large bowl, mix condensed milk, sugar, egg yolks, and lime juice. Make sure everything is well combined.
- Pour into crust and bake for **30 minutes** or until center is firm.
- Refrigerate immediately for 3 to 4 hours or overnight.
- Spread Whipped Cream over pie
- Garnish with lime zest

If making Whipped Cream

- In a large bowl, whip cream;
- Add powdered sugar and beat until stiff peaks form.

Ingredient List

- 1 (9-inch) ready-made graham cracker crust
- 1 egg white
- 1 can (14 oz size) sweetened condensed milk
- 3 tablespoons sugar
- 1 cup of egg yolks (about 6 eggs)
- 1/2 cup lime juice (If using fresh lime, you'll need about 6 limes.)
- zest of 1 lime

If Making Whipped Cream

- 1 cup heavy cream
- 2 1/2 tablespoons powdered sugar