

## **Breakfast Recipes to Get you Going**

### **Peanut Butter Morning Attack**

Makes 8 Servings

#### **Ingredients**

- 6 slices raisin bread, cut into 1-inch cubes
- 1-3/4 cups nonfat skim milk
- 3 whole eggs
- 2 egg whites
- 1/2 cup fat-reduced peanut butter
- 3 tablespoons dark brown sugar
- 1 teaspoon vanilla extract
- 1 teaspoon grated orange peel OR

#### **Directions**

1. Spray a 9-inch baking pan or dish with nonstick vegetable spray.
2. Add bread cubes to dish and set aside.
3. Combine remaining ingredients in blender container and process until smooth.
4. Pour mixture evenly over bread cubes in baking dish, saturating bread cubes.
5. Cover and refrigerate overnight.
6. When ready to bake, preheat oven to 350F degrees.
7. Remove cover and bake about 35 minutes, or until lightly browned and puffed.

## **Wholesome Date Nut Bread**

Makes 16 servings

### **Ingredients**

- 1/2 cup diced dried dates
- 1/2 cup water
- 1 cup all-purpose flour
- 1/2 cup whole-wheat flour
- 2 tablespoons chopped walnuts
- 1 teaspoons baking powder
- 1 teaspoon cinnamon
- 1 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 3/4 cup firmly packed dark brown sugar
- 1/2 cup low-fat (1%) milk
- 1/4 cup vegetable oil
- 1 egg
- 1 teaspoon vanilla extract
- 1 teaspoon granulated sugar, for topping

### **Directions**

1. Preheat the oven to 350 degrees F. Spray a 9x5-inch loaf pan with nonstick spray.
2. Place the dried dates and water in a small saucepan; heat over medium heat until the water simmers; reduce the heat to low and simmer, 2 minutes. Remove from the heat and set aside.
3. In a medium bowl, whisk together the flours, walnuts, baking powder, cinnamon, nutmeg, and salt. Make a well in the center.
4. In another medium bowl, stir together the brown sugar, milk, oil, egg, and vanilla until well blended. Pour into the well of the flour mixture; stir just until combined (do not over-mix), about 1 minute. Pour the batter into the prepared pan.
5. Bake until a toothpick inserted in the center comes out clean, about 35 minutes. Cool in the pan on a rack, 5-10 minutes, then remove from the pan and place on the rack to finish cooling.

## **Classic Hash Brown**

Makes 4 servings

### **Ingredients**

- 4 medium-size red or baking potatoes (about 1 pound)
- 2 teaspoons virgin olive oil
- 1 medium-size green bell pepper, diced
- 1/4 teaspoon salt
- Black pepper, to taste
- 2 tablespoons chopped chives

### **Directions**

1. Scrub potatoes well and cut into 1/3-inch cubes.
2. In a large non-stick skillet, heat oil.
3. Stir in potatoes, bell pepper, salt and black pepper.
4. Cover and cook over medium heat, stirring occasionally, until potatoes are cooked through and crisp, 20 to 25 minutes. Stir in chives.

## **Sunday Morning Pancakes with Banana and Yogurt**

Makes 18 Servings

### **Ingredients**

- 2 cups unbleached all-purpose flour, sifted
- 1 packet sugar substitute
- 1 tablespoon baking soda
- 8 oz. fat free plain yogurt
- 1 large very ripe banana, mashed
- 1/2 cup skim milk
- 1/2 tablespoon canola oil
- 1 teaspoon vanilla extract
- 4 egg whites, beaten to soft peaks
- Refrigerated butter-flavored cooking spray

### **Directions**

1. Combine the flour, sugar substitute, and baking soda in a large bowl. Stir to combine.
2. Add the yogurt, banana, milk, oil, and vanilla. Stir until just moistened.
3. Gently fold in the beaten egg whites to complete the batter.
4. Lightly coat a nonstick skillet with cooking spray.
5. Working in batches and using a ladle, make 4 inch pancakes.
6. Cook until the bottom is browned and bubbles come to the top of the cakes. Turn and continue to cook until browned.
7. Keep warm while you cook the rest of the pancakes.

## **Can't-go-wrong Asparagus-Gruyere Frittata**

Makes 6 servings

### **Ingredients**

- 2 teaspoons olive oil
- 1 small onions, thinly sliced
- 1/2 tsp salt
- 1 lb fresh asparagus, tough stem ends snapped off and spears cut diagonally into 1-inch lengths
- 4 eggs, lightly beaten
- 1 cup shredded gruyere cheese (or Swiss Cheese)

### **Directions**

1. Preheat broiler. Pour olive oil into a 10-inch ovenproof frying pan over medium-high heat.
2. Add onion and salt and stir until onion are softened but not browned, about 3 minutes.
3. Add asparagus, reduce heat to medium-low, and cook covered until asparagus is barely tender, 6 to 8 minutes.
4. Pour in eggs and cook until almost set but still runny on top, about 2 minutes.
5. Sprinkle cheese over eggs and broil until cheese is melted and browned, 3 to 4 minutes.
6. Slide frittata onto a serving platter and cut into wedges.

## **Bacon and Egg Breakfast Burrito with peppers**

Makes 1 Serving

### **Ingredients**

- 3 large egg whites
- 1 strip bacon, chopped
- 1/4 cup onion, chopped
- 1/4 cup green peppers, chopped
- 2 tablespoons seeded, chopped fresh tomato
- 1 whole-wheat flour tortilla
- 1/4 cup (1/2 oz) finely shredded, Cabot 75% Light Cheddar Cheese
- 2 teaspoon red taco sauce

### **Directions**

1. Mist a small microwavable bowl with olive oil spray. Put in the egg whites, set aside.
2. Set a small, nonstick skillet over medium-high heat until it is hot enough for a squirt of water to sizzle on it. With an oven mitt, temporarily remove the pan from the heat to spray it with cooking spray.
3. Put over medium-high heat and add the bacon.
4. Add the onion and peppers, cooking for 1-2 minutes or until the bacon is crisp.
5. Add the tomato, cooking for an additional minute or until heated.
6. Transfer the bacon mixture to a bowl. Cover to keep warm.
7. Set the tortilla in the pan, going back to medium-high heat. Cook for around 30 seconds per side, or until warm.
8. In the meantime, cook the egg whites on low power for 30 seconds. Continue microwaving in 30-second periods until the eggs are merely a bit runny on top. Stir with a fork, splitting into large pieces.
9. If they are still undercooked, microwave in 10-second intervals until just done. Stir in the set aside bacon mixture.
10. Place the tortilla on a serving plate. Sprinkle the cheese, leaving about 2" bare on one end, and in an even strip (about 3" wide) down the middle.
11. Top with the egg white mixture, drizzling with taco sauce. Fold the bare end of the tortilla over the filling, and then fold the sides of the tortilla over the middle.

## **Crispy Ricotta Cheese Wontons with raisins and walnuts**

Makes 2 Servings

### **Ingredients**

- 8 Wrappers, wonton, square
- 1/4 cup Raisins, golden, seedless
- 1/8 cup walnut halves (4 halves, cut in half)
- 8 tablespoons ricotta cheese
- 1 cooking spray
- 1 tbsp packed light brown sugar
- 1/8 tsp ground cinnamon

### **Directions**

- Preheat oven to 400F.
- Bring a large pot of water to a boil.
- Place the wontons on a clean work surface and moisten the edges with water.
- Mix raisins and ricotta cheese.
- Divide mixture evenly and place mixture in the middle of each wonton skin.
- Put 1 walnut piece in the center of the cheese and raisin mixture and fold in half diagonally, pressing together the edges to seal tightly.
- Place the wontons into the pot of simmering water for 1 minute. Remove with a slotted spoon to a paper towel to drain, discard water.
- Place the wontons on cooking spray coated baking sheet. In a small bowl, mix together the brown sugar and cinnamon, sprinkle on the wontons and bake until lightly golden and crisp, about 8-10 minutes.

## **Omelet Mediterranean Style**

### **Ingredients**

- 1 cooking spray
- 1/4 cup onion, chopped
- 1/4 cup canned artichokes hearts, drained, rinsed
- 2 oz. fresh spinach leaves, washed and torn
- 2 oz. sundried tomatoes, chopped
- 1 oz. black olives, pitted
- 1 cup liquid egg substitute
- 1 dash of black pepper

### **Directions**

1. Spray small nonstick skillet with cooking spray; heat over medium heat until hot. Cook and stir onion 2 minutes or until crisp-tender.
2. Add artichoke hearts. Cook and stir until heated through. Add spinach, tomato, and olives; toss briefly.
3. Remove from heat. Transfer vegetables to small bowl. Wipe out skillet and spray with cooking spray.
4. Combine egg substitute and pepper in medium bowl. Heat skillet over medium heat until hot. Pour egg mixture into skillet.
5. Cook over medium heat 5 to 7 minutes; as eggs begin to set, gently lift edge of omelet with spatula and tilt skillet so uncooked portion flows underneath.
6. When egg mixture is set, spoon vegetable mixture over half of omelet. Loosen omelet with spatula and fold in half. Slide omelet onto serving plate.

## **Hearty American Cheese Grits**

Makes 1 Serving

### **Ingredients**

- 2 3/4 cups water
- 1/2 cup Grits
- 1/4 tsp salt
- 1/2 cup green onion, chopped
- 4 pieces Cheese, American, white, low fat, singles
- 1/2 cup half and half
- 1/8 teaspoon ground cayenne (red pepper)
- 1 pinch black pepper

### **Directions**

1. Bring water to a boil in a saucepan.
2. Mix in grits and salt. Decrease the heat, cover, and simmer for 5 minutes.
3. Take off of the heat and mix in the remaining ingredients except the black pepper.
4. Let sit, covered, for 2 minutes.
5. Season with black pepper and green onions.

## **Savory Turkey Sausage Patties with Mushrooms**

Makes 8 Servings

### **Ingredients**

- 1 pound lean ground turkey
- 1 teaspoon rubbed sage
- 1/2 teaspoon salt
- 1/2 teaspoon fennel seed
- 1/2 teaspoon dried thyme
- 1/8 teaspoon garlic powder
- 1/8 teaspoon pepper
- 1 dash of white pepper
- 1 dash of cayenne pepper
- 1 dash of allspice
- 1 dash of ground cloves
- 1 dash of ground nutmeg
- 2 cups mushrooms, sliced
- 2 tablespoons balsamic vinegar
- 1 dash of black pepper
- 1 tablespoon olive oil

### **Directions**

1. In a large bowl, combine all ingredients. Shape into eight 2-1/2-in. patties. Cover and refrigerate for at least 1 hour.
2. In a large skillet coated with cooking spray, cook patties over medium heat for 4-6 minutes on each side or until no longer pink.
3. In another skillet heat olive oil.
4. Sautee mushrooms. Add balsamic vinegar and black pepper.
5. Drizzle over turkey patties.