



# Life on the Suhny Side

Breakfast and Brunch Recipes  
with Music to Wake Up Your Soul



BY ELISA LONGORIA

Songs and Sounds from my kitchen to yours:

# The Perfect Start to Your Morning

1. Easy to Love by Couch
2. Signed Sealed Delivered (I'm Yours) by Stevie Wonder
3. Put Your Records On by Corinne Bailey Rae
4. Upside Down by Jack Johnson
5. Blame it on the Boogie by the Jacksons
6. You Make Me Feel Like Dancing by Leo Sayer
7. Don't Stop by Fleetwood Mac
8. You Make My Dreams (Come True) Daryl Hall and John Oates
9. Bidi Bidi Bom Bom by Selena
10. Easy by Commodores

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## Chorizo Breakfast Tacos

### Ingredients:

- » 2 tbsp. vegetable oil
- » 2 baked potatoes, peeled and cubed
- » ½ cup chopped onion
- » ½ tsp. garlic powder
- » ½ tsp. onion powder
- » salt and freshly ground black pepper
- » 7 oz. chorizo sausage
- » 5 eggs
- » 1 tbsp. milk
- » 3 tbsp. finely chopped fresh cilantro
- » 6 small corn tortillas, warmed
- » ½ cup shredded cheddar cheese
- » 6 tbsp. salsa



### Instructions:

1. Heat oil in a nonstick skillet over medium-high heat until simmering. Add potatoes, onion, garlic powder, and onion powder to one side of the skillet and season with salt and pepper. Add chorizo sausage on the other side of the skillet and saute, breaking up with the back of a spoon, until browned, about 5 minutes. Turn over the potatoes after a couple of minutes so they get brown on both sides.
2. Combine eggs, milk, 1 tablespoon cilantro, salt, and pepper in a bowl. Reduce heat and pour egg mixture into the skillet. Stir eggs until they are very softly set, about 3 minutes. Remove from heat.
3. Spread out warmed tortillas and divide potato, chorizo, and egg mixture among them. Sprinkle with remaining 2 tablespoons cilantro. Top with cheddar cheese and salsa. Enjoy!

# Fluffy French Toast

## Ingredients:

- » ¼ cup all-purpose flour
- » 1 cup milk
- » 3 eggs
- » 1 tablespoon white sugar
- » 1 teaspoon vanilla extract
- » ½ teaspoon ground cinnamon
- » 1 pinch salt
- » 12 thick slices bread
- » Toppings of your choice (bananas, berries, maple syrup, whipped cream)



## Instructions:

1. Measure flour into a large mixing bowl. Slowly whisk in milk. Whisk in eggs, sugar, vanilla extract, cinnamon, and salt until smooth.
2. Heat a lightly oiled griddle or frying pan over medium heat.
3. Soak bread slices in milk mixture until saturated.
4. Working in batches, cook bread on the preheated griddle or pan until golden brown on each side.
5. Serve hot with maple syrup and toppings of your choice!



# Shakshuka

## Ingredients:

- » 2 tbsp. olive oil
- » 1 large onion, diced
- » ½ cup sliced fresh mushrooms
- » 1 cup diced red bell pepper
- » 1 jalapeño pepper, seeded and sliced
- » 1 tsp. cumin
- » ½ tsp. paprika
- » ½ tsp. ground turmeric
- » ¼ tsp. cayenne pepper
- » 28 oz. crushed tomatoes
- » ½ cup water
- » 6 large eggs
- » Salt and freshly ground black pepper to taste
- » Crumbled feta cheese and chopped fresh parsley for garnish



## Instructions:

1. Heat olive oil in a large skillet over medium-high heat. Add onions and mushrooms. Sprinkle with salt. Cook until mushrooms start to brown, about 10 minutes. Stir in bell peppers and jalapeño. Cook and stir until peppers begin to soften. Season with cumin, paprika, turmeric, black pepper, and cayenne. Pour in crushed tomatoes and water. Adjust heat to medium and simmer uncovered until veggies are softened and sweet, stirring occasionally, 15 to 20 minutes. Add more water if sauce becomes too thick.
2. Make a depression in the sauce for each egg with a large spoon. Crack egg into a small ramekin and slide gently into each indentation; repeat with the rest of the eggs. Season with salt and pepper. Cover and cook until eggs are to your desired doneness.
3. Top with feta cheese and parsley. Enjoy!

# Banana Pancakes

## Ingredients:

- » 1 cup all-purpose flour
- » 1 tablespoon white sugar
- » 2 teaspoons baking powder
- »  $\frac{1}{4}$  teaspoon salt
- » 1 egg, beaten
- » 1 cup milk
- » 2 tablespoons vegetable oil
- » 2 ripe bananas, mashed
- » Mix-ins and toppings of your choice (get creative!)

## Instructions:

1. Combine flour, white sugar, baking powder, and salt in a bowl. Mix together egg, milk, vegetable oil, and mashed bananas in a second bowl.
2. Stir the flour mixture into the banana mixture; batter will be slightly lumpy.
3. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using about  $\frac{1}{4}$  cup for each pancake.
4. Cook until pancakes are golden brown, 3 to 5 minutes per side.
5. Serve hot with all your favorite toppings and enjoy!



# All-Purpose Granola

## Ingredients:

- » 8 cups rolled oats
- » 1  $\frac{1}{2}$  cups wheat germ
- » 1  $\frac{1}{2}$  cups oat bran
- » 1 cup sunflower seeds
- » 1 cup finely chopped almonds
- » 1 cup finely chopped pecans
- » 1 cup finely chopped walnuts
- » 1  $\frac{1}{2}$  tsp. salt
- »  $\frac{1}{2}$  cup brown sugar
- »  $\frac{1}{4}$  cup maple syrup
- »  $\frac{3}{4}$  cup honey
- » 1 cup vegetable oil
- » 1 tbsp. ground cinnamon
- » 1 tbsp. vanilla extract
- » 2 cups raisins or sweetened dried cranberries



## Instructions:

1. Preheat the oven to 325 degrees F. Line two large baking sheets with parchment or aluminum foil.
2. Combine the oats, wheat germ, oat bran, sunflower seeds, almonds, pecans, and walnuts in a large bowl. Stir together the salt, brown sugar, maple syrup, honey, oil, cinnamon, and vanilla in a saucepan. Bring to a boil over medium heat, then pour over the dry ingredients, and stir to coat. Spread the mixture out evenly on the baking sheets.
3. Bake in the preheated oven until crispy and toasted, about 20 minutes. Stir once halfway through. Cool, then stir in the raisins or cranberries before storing in an airtight container.
4. Enjoy on its own, with yogurt, or use as a topping for your favorite breakfast dish.



# Mornings Started Just Right

Feed your belly and your soul with these hearty breakfast recipes alongside a specially curated playlist with tunes to get you in the right mood to seize the day. With both sweet and savory recipes, there's sure to be a little something for everyone!



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