

## **Breakfast Guide for Mom**

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# Welcome to your Breakfast GuideMom!

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Good morning! I hope these breakfast recipes meet all your nutrition needs! I tried to include a good balance between healthy and sweet foods. The following list includes the locations of all the materials for your cooking needs. If there are any emergencies, call me!

- **Spices** are located in the cabinet above the sink.
- **Fresh Food** is located in the fridge.
- **Dry Food** is located in the pantry next to the window.
- **Stove top equipment, plates, bowls, and utensils** are located in the cabinets next to the fridge.

## Entrees

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### Breakfast Casserole

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If you're feeling up to a breakfast cooking challenge, choose this recipe. It is a little more complicated than the other selections, but you won't be disappointed with this delicious meal.



Gather these ingredients.

- 8 ounces of spicy or sweet turkey links, casings removed, meat crumbled
- 2 scallions, sliced
- 6 eggs
- 6 large egg whites

- 1  $\frac{3}{4}$  cups of 1% milk
- Kosher salt
- Freshly ground black pepper
- One 9-ounce package frozen chopped spinach, thawed and drained of excess liquid
- $\frac{3}{4}$  cup shredded cheddar
- $\frac{1}{2}$  cup grated parmesan
- $\frac{1}{2}$  whole wheat baguette, cut into  $\frac{3}{4}$ -inch cubes (about 4 cups)

**Directions**

1. Heat a large nonstick skillet over medium heat.
2. Add turkey and scallions, stir to break up any large chunks, and cook for ten minutes, or until browned.
3. Remove from heat and let cool slightly.
4. Whisk the eggs, egg whites, milk and  $\frac{1}{2}$  teaspoon each salt and pepper in a large bowl until combined.
5. Add the cooked sausage.
6. Add the spinach, cheeses, bread, and toss to distribute ingredients evenly.
7. Spray a 3-quart casserole dish with cooking spray.
8. Spread the egg mixture evenly in the dish.
9. Cover and refrigerate for an hour.
10. Preheat the oven to 350 degrees F.
11. Bake the casserole, uncovered, until set and lightly browned on top for 30 minutes.

Be careful after working on the stove. The stove top will remain hot for a while after use, so don't place your hand or any other items on the stove top. I am not responsible for any injuries! Please use all equipment, such as knives, carefully!

## Scrambled Eggs

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You can't go wrong with this breakfast classic, follow these simple instructions for a very healthy meal.



Gather these ingredients.

- ¾ pound fresh asparagus
- Olive oil
- Kosher salt
- Black pepper
- 6 extra-large eggs
- 3 tablespoons half-and-half
- 1 tablespoon unsalted butter, divided
- 2 to 4 slices of bread

**Directions**

1. Preheat the oven to 400 degrees F.
2. Break off the tough ends of the asparagus, and, if they're thick, peel them.
3. Place the asparagus on baking sheet, drizzle with olive oil and sprinkle with salt.
4. Roast the asparagus for 15-20 minutes, until tender but still crisp.
5. Sprinkle with Parmesan cheese.
6. Place back into the oven for 5 minutes or until the cheese melts.
7. Whisk the eggs in a bowl with the half-and-half, salt, and pepper.
8. Melt ½ tablespoon of butter in a large skillet.
9. Cook the eggs on the lowest heat, stirring constantly with a wooden spoon.
10. Remove from heat, add the remaining ½ tablespoon of butter, and stir until it melts.
11. Serve with the roasted asparagus and toasted bread.

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## Omelet

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If you're feeling up to a breakfast cooking challenge, choose this recipe. It is a little more complicated than the other selections, but you won't be disappointed with this delicious meal.



Gather these ingredients.

- 3 eggs, warmed in hot water for 5 minutes
- Pinch of salt
- 1 teaspoon butter, room temperature
- ½ teaspoon chives
- 1 red pepper
- ½ cup mushrooms
- ½ cup cheddar cheese
- ¼ cup of bacon bits
- ¼ cup of onions

### Directions

1. Crack the warm eggs into a bowl.
2. Add salt to the eggs and blend with a fork.
3. Heat a pan over medium-high heat.
4. Once the pan is hot, add butter to the pan.

5. Pour the eggs into the center of the pan and stir vigorously with a rubber spatula for 5 seconds.
6. Using your spatula, move it around the edge of the egg mixture to help loosen the edge.
7. Add the mushrooms, onions, red pepper, and bacon bits.
8. Add the bacon bits to the omelet.
9. After 6 minutes, add the cheese.
10. After 4 more minutes, shake the pan to loosen the omelet from the pan.
11. Using your spatula, fold over half the omelet.
12. Slide the omelet onto your plate and sprinkle with the chives.

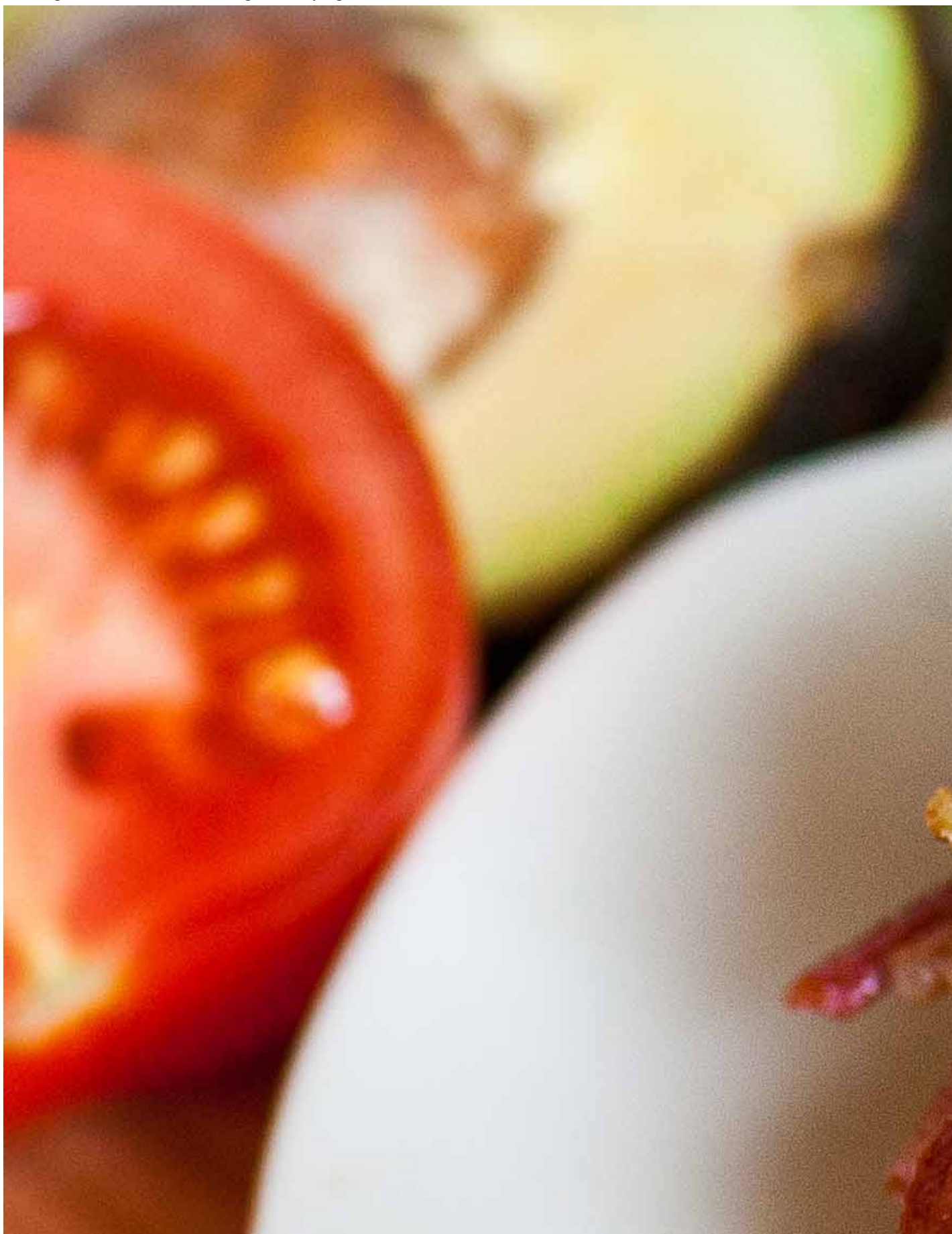
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## Breakfast Sandwich

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Nothing beats a sandwich on a bagel, satisfying and delicious.



Gather these ingredients.

- ¾ cup cream cheese
- 1 tablespoon dill
- 1 tablespoon parsley
- Pinch chile powder
- Kosher salt
- Ground black pepper
- 1 tomato
- Vegetable oil
- 8 slices of Ham
- 8 eggs
- 1 tablespoon butter
- 4 bagels, split

### **Directions**

1. Place the cream cheese in a bowl.
2. Add the dill, parsley, chile, salt, and pepper to the bowl.
3. Thoroughly mix the ingredients to evenly distribute the flavors.
4. Slice 4 rounds from the center of the tomato.
5. Season the tomatoes with salt and pepper and set aside.
6. Whisk the eggs in a bowl and sprinkle with salt and pepper.
7. Put a pan on medium heat and add the butter.
8. Add the eggs and cook until scrambled (about 5 minutes).
9. Spread 1 tablespoon of the herb cream cheese on each bagel half.
10. Place 2 slices of the meat on the bottom half of each bagel.
11. Top with scrambled eggs and sliced tomato.
12. Place the top half of each bagel on the sandwiches and enjoy!

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# Drinks

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## Bloody Mary

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This is one of my favorite drinks to have with my breakfast on the weekends and it's super easy to make!



Gather these ingredients.

- 6 slices of peppered bacon
- 3 ¼ cups of vodka
- 1/3 cup lemon juice
- 1 tablespoon horseradish
- 2 teaspoons chipotle hot sauce
- 2 teaspoons Worcestershire sauce
- ½ teaspoon celery salt

- Ground black pepper
- 6 stalks with leaves

#### Directions

1. Cook the bacon in a large skillet over medium heat, turning occasionally (9 - 11 minutes).
2. Drain the bacon on paper towels.
3. Combine the tomato juice, vodka, lemon juice, horseradish, hot sauce, Worcestershire sauce, celery salt and ½ teaspoon pepper in a pitcher/
4. Refrigerate this mixture until ready to serve.
5. Pour the Bloody Mary mixture into 6 large ice-filled glasses.
6. Add a piece of bacon to each glass and enjoy!
7. Add a piece of celery stalk to each glass and enjoy!

The following beverage contains alcohol. High consumption of alcohol severely impairs a person's motor functions. Please do not consume alcohol if before you drive, or if you have any other serious health conditions.

## Desserts

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## References

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Click here for a list of links of all of the recipes!

The breakfast recipes in this guide were all found on the FoodNetwork website. The links to the recipes are listed below.

- [Breakfast Casserole](#)
- [Breakfast Sandwich](#)
- [Omelet](#)
- [Scrambled Eggs](#)
- [Chocolate Chip Cookies](#)
- [Bloody Mary](#)

## What to Do if You Burn Yourself

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You have accidentally burned yourself on the stove.

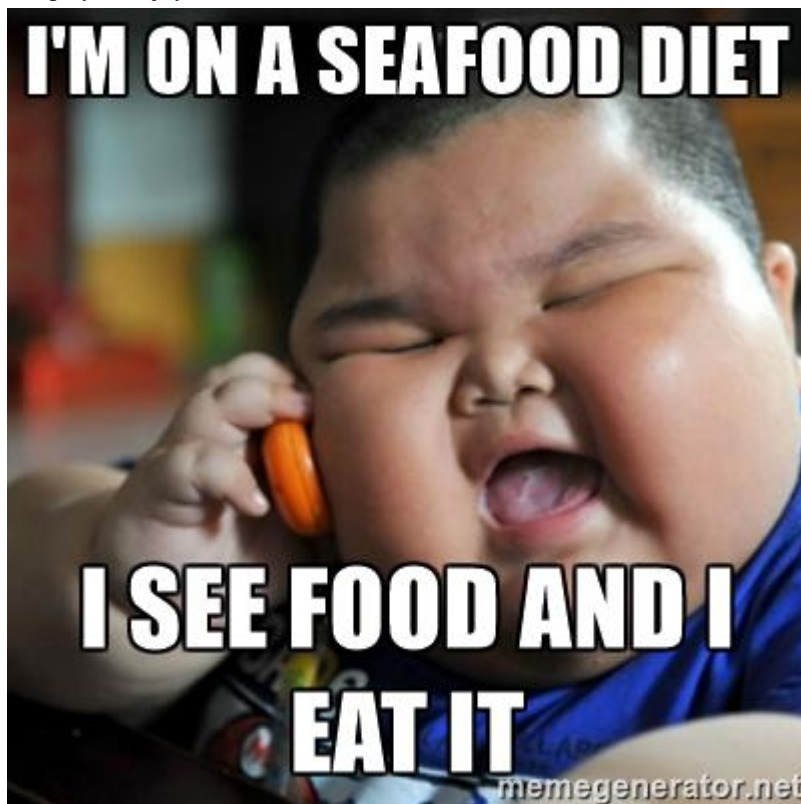
You accidentally placed your hand on the stove after cooking.

1. Go to the closet next to my bedroom.
2. On the top shelf there is a first aid kit.
3. Take out the burn spray.
4. Spray the burn area on your skin.
5. Follow the directions on the burn spray bottle for the number of applications.

## Thank You!

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I hope you enjoyed the food! Please leave an comments or recommendations on how I can improve for next time!



## Safety Disclaimer

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## Alcohol Consumption Warning

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