

## **Breakfast Recipes for Mom**

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## Bacon and Egg Wrap

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This is how to make a nice bacon and egg wraps.

### Ingredients



- 1 medium onion, chopped
- 3/4 cup chopped green bell pepper
- 1 tablespoon butter or margarine
- 5 eggs
- 1 tablespoon milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups shredded Cheddar cheese
- 1/2 pound sliced bacon, cooked and crumbled (sub tofu)
- 4 10-inch flour tortillas

### Directions

1. In a nonstick skillet, saute onion and green pepper in butter until tender
2. In a bowl, beat the eggs, milk, salt and pepper
3. Pour over vegetables in the skillet
4. Sprinkle with cheese and bacon
5. Cook and stir gently over medium heat until the eggs are completely set
6. Spoon 1/2 cup down the center of each tortilla; fold sides over filling

## Bacon and Egg Breakfast Grilled Cheese Sandwich

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Who says you can't have grilled cheese for breakfast? Here's how.

### Ingredients



\*Yields two sandwiches\*

- 2 eggs
- 2 tbsp. of milk or water
- salt and pepper, as desired
- 3 tsp. butter, room temperature, divided
- 4 slices of whole wheat or white bread
- 2 slices of Colby-Jack cheese
- 4 slices of fully-cooked bacon

#### Directions

1. Beat eggs, milk, salt and pepper in small bowl until blended
2. Heat 1 tsp. butter in large nonstick skillet over medium heat until hot
3. Pour in egg mixture
4. As eggs begin to set, gently pull the eggs across the pan with an inverted turner, forming large soft curds
5. Continue cooking – pulling, lifting and folding eggs – until thickened and no visible liquid egg remains
6. Remove from pan
7. Clean skillet
8. Spread remaining 2 tsp. butter evenly on one side of each bread slice
9. Place 2 slices in skillet, buttered side down
10. Top evenly with scrambled eggs, cheese and bacon
11. Cover with remaining bread, buttered side up
12. Cook sandwiches over medium heat, turning once, until bread is toasted and cheese is melted, 2 to 4 minutes

## English-Muffin Breakfast Pizza

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Everyone's favorite junky lunch can now also be a breakfast.

#### Ingredients



- 1 whole-wheat English muffin, split
- 1 small tomato, seeded and diced
- 1 teaspoon extra-virgin olive oil
- 1 thin slice (1/2 ounce) Canadian bacon, diced
- 1/4 cup shredded part-skim mozzarella cheese
- Chopped fresh basil, for garnish

#### Directions

1. Preheat the oven to 450 degrees
2. Line a small baking sheet with foil
3. Place the English muffin halves cut-side up on the baking sheet
4. Top each with tomato and drizzle with the olive oil
5. Sprinkle the Canadian bacon over the tomatoes, then top with the mozzarella
6. Bake for 10 to 12 minutes, or until the cheese is melted and beginning to brown
7. Sprinkle with basil

## Scrambled Eggs with Smoked Salmon

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Here's a great breakfast option with smoked salmon to top it off.

#### Ingredients



- 1/4 pound sliced smoked salmon
- 12 eggs
- 1/2 cup heavy cream
- Salt and freshly ground black pepper
- 2 tablespoons butter
- 12 to 15 blades of fresh chives, finely chopped

#### Directions

1. Reserve 2 slices of salmon for garnish and chop the remaining salmon into very small pieces
2. Whisk your eggs and cream together

## Country Sausage Gravy

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You'll be surprised at just how much you'll love this.

#### Ingredients



- 1 pound pork sausage
- 1 onion, finely chopped
- 1 green bell pepper, finely chopped
- 1 teaspoon crushed red pepper flakes
- 2 tablespoons garlic, minced
- 4 tablespoons unsalted butter
- salt and pepper to taste
- 4 tablespoons all-purpose flour
- 1 teaspoon minced fresh sage
- 1 teaspoon minced fresh thyme
- 2 cups milk, divided
- 2 cubes chicken bouillon
- 1/4 cup minced fresh parsley

#### Directions

1. In a skillet on medium heat cook pork, onion, green pepper, red pepper flakes, and garlic until pork is crumbly
2. Drain off excess fat, but leave a small amount
3. Combine butter, salt, and pepper with the meat mixture and stir until butter melts
4. Slowly sift flour over the top
5. Mix gently and allow mixture to cook for 5 minutes
6. Add the sage and thyme
7. Slowly stir in milk, about a half a cup at a time, and incorporate it well
8. When the mixture thickens, add more milk
9. Add chicken bullion and let cook for five minutes
10. Adjust taste with more salt and pepper if needed
11. Just before serving, add the parsley, and about a 1/4 cup more milk