

A guide to

# Basic Breakfast

An e-cookbook brought to you by *Everything but the Chef*

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## Everything but the Chef

Helping build strong families one meal at a time!

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*Everything but the Chef provides meal plans for regular family time together ([www.ebtchef.com](http://www.ebtchef.com))*

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# INTRODUCTION

Your e-cookbook guide to basic breakfast recipes will help add variety and interest to your morning meals. This guide has 5 short recipe sections as labeled on the Table of Contents page. Each of these sections begins with the simplest recipe and then others follow which incorporate more ingredients and require a little more prep time.

Following the recipe sections is a list of some *easy* high protein breakfast options--things that have a little more *stick-with-you-through-the-morning* nutritional power. Finally, last and best of all--breakfast menu suggestions!

Breakfast is a great time for a little family togetherness! Besides we've all heard that breakfast is the most important meal of the day and according to Purdue University's student health center: "Students who eat breakfast perform better in school, pay more attention to lectures, are more creative, think better, and score higher on exams."

We've also heard that eating breakfast actually decreases our tendency to gain weight. Some reasons include some of the following things we know about breakfast—

- It lowers risk of indulging in high calorie foods later in the day.
- It helps decrease fat intake throughout the day.
- It kick starts the metabolism to burn fat more effectively
- It aids in choosing more appropriate snacks between meals
- It provides brain with needed energy source, glucose.
- It improves psychosocial behaviors.
- It gives needed energy for the day.
- It affords better concentration, less boredom, less anxiousness.

(<http://housing.ucsc.edu/dining/pdf/breakfast.pdf>)

Have Fun! With this basic guide you'll be lookin' good with *Everything but the Chef* helping you build a strong family one meal at a time.

Tell your friends about *Chef*-- a helping hand in getting a meal on the table every night!

## **DRINK IT AND GO – Refreshing Breakfast Shakes**

They're quick and easy and healthy too! The combinations are endless. Here are a few that are really tasty.

### **Strawberry Icy**

2 cups orange juice  
¾ cup strawberries (washed and hulled)  
4-6 ice cubes

Sprinkle strawberries with sugar (optional). Add all to blender and mix well. Makes 2-3 servings.

### **Yogurt Frosty**

½ cup frozen yogurt (any flavor)  
1 large banana (or peach)  
1 cup milk (more or less depending on your preference for “thick”)

Peel and cut fruit in a few pieces. Add all to blender and mix well. Makes 1 large or 2 small servings.

### **Orange Juiciest**

6 oz frozen orange juice concentrate  
1 cup water  
1 cup milk  
½ cup sugar (or equivalent of preferred sweetener--*stevia*, *agave nectar*, etc.)  
1 tsp vanilla  
10 ice cubes

Add all to blender and mix until ice is as smooth as you like it. Makes about 3 servings.

### **Lime Refresher**

¾ cup limeade  
2-3 Tbsp lime juice  
1 cup cran-apple juice  
1 cup vanilla frozen yogurt  
1 piece of fruit, chopped (such as peach, banana or ½ cup strawberry pieces)  
5 ice cubes (more or less)

Add all to blender and mix well. Makes about 3 servings.

### **Melon Berry Blend**

1 cup cantaloupe pieces  
1 cup honeydew pieces  
1/3 cup strawberry pieces  
1/2 cup milk  
3/4 cup strawberry yogurt  
10 ice cubes (more or less)

Add all to blender and mix until smoooooth. Makes about 3 servings.

### **Strawberry Smoothie**

2 cups strawberry pieces  
1/2 cup strawberry nectar  
1 cup chopped peaches  
1 cup plain yogurt  
10 ice cubes (more or less)

Add all to blender and mix until ice is completely crushed. Makes about 4 servings.

### **Berry Creamsicle**

1 cup vanilla frozen yogurt  
1/2 cup frozen blackberries (or 1 cup fresh)  
1/4 cup frozen strawberries (or 1/2 cup fresh pieces)  
3/4 cup milk  
1/4 tsp lime juice (leave out if you don't have it on hand)

Add all to blender and mix well. Makes about 2 servings.

Enjoy these refreshing shakes and find your family's favorite combinations

## **BREAKFAST ROLLS AND MORE**

The beauty of these recipes is that you can make them ahead so in the morning you've got breakfast ready! Most of these recipes freeze great too, so while you're at it make a large batch—some for now and some for later!

### **Streusel Topped Rolls**

1 pkg (8) brown and serve rolls  
3 Tbsp soft butter  
1 Tbsp flour  
2 tsp cinnamon/sugar mix

Preheat oven to 400 degrees. Combine 2 Tbsp butter with flour and cinnamon/sugar. Place rolls on cookie sheet. Spread roll tops with remaining Tbsp of butter (divided evenly). Sprinkle roll tops with dry mix and bake 6-8 minutes or until golden brown.

### **Cream Cheese Crescents**

3 oz chive & onion Cream Cheese spread  
3 slices packaged fully-cooked bacon (or 2-3 raw, cooked crisp)  
1 can (8 oz) refrigerated crescent dinner rolls

Preheat oven to 375 degrees. Mix cream cheese with bacon. Separate dough into 8 triangles and cut each into half lengthwise. Spread each with about a teaspoon of cream cheese. Roll up beginning at wide edge down to point. Place dough point sides down on ungreased baking sheet. Bake 12-15 minutes until golden. Serve warm. Makes about 6 servings (2-3 crescents each).

### **Simplest Biscuits**

2 cups buttermilk complete pancake mix  
2 tsp baking powder (pantry item)  
1 cup milk (pantry item)  
¼ cup melted butter (pantry item)

Preheat oven to 425 degrees. Mix all ingredients in the order given. Drop by spoonfuls (8) onto lightly greased cookie sheet. Bake 8-10 minutes, or until golden brown. Serve warm with butter.

### **Butterscotch Bundt Rolls**

½ cup chopped pecans  
20 frozen rolls (dough)  
3 oz package non-instant butterscotch pudding mix  
½ cup brown sugar (pantry item)  
½ cup melted butter (pantry item)

Coat a bundt pan with nonstick cooking spray. Layer nuts and rolls. Mix sugar and pudding together and sprinkle on top. Drizzle butter over the top of that. Cover with plastic wrap (or waxed paper). Let rise 3-4 hours at room temperature, or in a very warm place about 1 hour, until doubled. Preheat oven to 370° degrees. Bake 20 minutes covered and then 10 minutes more uncovered, or until tops are golden. Remove from oven and immediately loosen rolls from sides of pan with a knife and invert onto a platter.

### **Brown Sugar Muffins**

½ cup butter (not hard)  
2 large eggs  
¼ tsp salt  
1 tsp vanilla  
1 cup brown sugar  
2 cups flour (for better nutrition use part whole oat flour\* and part whole grain wheat along with white)  
1 Tbsp cinnamon  
1 tsp baking soda  
¾ cup milk  
2 Tbsp ground flax seeds (small coffee grinder works well)

Preheat oven to 375 degrees. Mix everything in the order given and pour into muffin papers. Bake 12-15 minutes until centers poked with toothpick comes out clean. Serve warm with butter. Makes 12 large muffins or 18 smaller ones.

Note: This recipe can be cut in half or doubled. Cooled muffins freeze well in a ziplock bag.

\*Raw oats (dry oatmeal) pureed in a blender makes nice oat flour.

### **Bacon Pie**

12 slices fully-cooked bacon (or 10 slices raw, cooked crisp)  
1 cup shredded swiss cheese  
½ cup chopped onion  
2 cups milk  
1 cup bisquick (or other pancake mix)  
4 eggs

Preheat oven to 400 degrees. Lightly grease 10-inch pie pan. Sprinkle bacon, cheese and onion into pan. Beat remaining ingredients one minute with a little salt and pepper. Pour this into pie pan. Bake 35-40 minutes. Let stand 5 minutes before slicing and serving. (Make ahead and bake in the morning) Serves about 6-8.

### **Broccoli Cheese Breakfast Quiche**

16 oz pkg frozen broccoli cuts  
8 slices package fully-cooked bacon (or 8 oz raw, cooked crisp)  
4 cups shredded cheddar cheese  
1 cube margarine (or equivalent your preferred spread)  
1 can (12 oz) evaporated milk  
4 eggs  
2/3 cup bisquick (or other pancake mix)  
dash of nutmeg (if you have it)  
dash of salt and pepper

Preheat oven to 350 degrees. Put broccoli in microwave for 2-3 minutes (just until completely thawed). Add bacon (crumbled) and cheese. Put next six ingredients in blender and combine. Stir blender ingredients with broc/bacon/cheese mix. Put in a greased 9 x 13 dish and bake 40 minutes. Or cover and put in frig overnight and bake in the morning. Serves about 8.

### **Granola (Make Ahead)**

4 cups raw oats  
3/4 cup wheat germ  
3/4 cup each –almonds, cashews and pecans  
1/2 cup sunflower seeds  
3/4 cup brown sugar

Mix all the above ingredients in a large bowl and set aside.

6 Tbsp water  
1/3 cup + 1 Tbsp canola oil  
1/3 cup honey  
1/3 cup + 1 Tbsp peanut butter  
1 1/2 tsp real vanilla

Combine these next 5 ingredients in a saucepan and bring to a full boil. Stir this into the dry ingredients and spread onto a large baking sheet. Bake for 2 hours, stirring every 20-30 minutes. Cool and break into pieces.

\*Note: This recipe can be doubled easily, freezes well, and is delicious in a **Parfait** with layers of granola, vanilla yogurt and berries.



# PANCAKES AND WAFFLES

## Easiest Healthy Yum Pancakes/Waffles

1 cup whole grain pancake mix (*Kodiak Cakes* brand is really good)  
1 egg  
2 Tbsp ground flax seeds (small blade or coffee grinder works well)  
 $\frac{3}{4}$  cup + 2 Tbsp milk (buttermilk or water)

Blend all with a wire whisk and fry on lightly greased hot griddle until golden brown on both sides. Slowly pour enough batter that spreads into about a 5-inch circle. This will give you approximately 8 pancakes.

**For Waffle:** add 1 Tbsp cooking oil to batter before blending. Pour into waffle iron and cook until light to dark brown (depending on your preference). Enjoy topped with one of our fabulous toppings suggested below or...well, use your imagination!

## Favorite Scratch Pancakes/Waffles

When you don't have a ready-made mix on hand, here's what you can whip up—

1 egg  
1 cup buttermilk (or use  $\frac{1}{2}$  cup milk and  $\frac{1}{2}$  cup sour cream, or just milk)  
2 Tbsp olive oil (or any cooking oil, or melted shortening, butter or other spread)  
1 Tbsp sugar  
1 tsp baking powder  
 $\frac{1}{2}$  tsp baking soda (omit for waffles)  
 $\frac{1}{2}$  tsp salt  
1 cup flour

Beat egg with wire whisk and then whisk in remaining ingredients in the order given. Fry 5-inch circles of batter on hot griddle or skillet until they puff and are full of bubbles. Before bubbles break turn and cook other side until golden brown: or cook batter in hot waffle iron. Serve with buttermilk syrup or any of the fabulous toppings listed in this handy e-cookbook. Makes about 8 five-inch waffle squares or pancakes.

## Buttermilk Syrup

1 cup butter  
2 cups sugar  
 $\frac{1}{2}$  cup white corn syrup  
2 cups buttermilk  
1 tsp baking soda  
2 tsp real vanilla

Mix all in saucepan and bring to a boil. Boil 7 minutes and store any unused in refrigerator.

### **Pancake and Waffle Toppers and Additions:**

- Top with sliced strawberries and whipped cream sweetened with powdered sugar.
- Top with peanut butter, and jelly or syrup.
- Fold extra ingredients into your batter just before cooking such as: chopped nuts or shredded cheese, or 1/2 cup fresh or frozen (well drained) blueberries, or any diced fruit.
- Top with orange butter: beat 1/2 cup butter (or other spread) with 1 tsp grated orange *peel*.
- Top with butter, cooked sausage link or patty, and maple syrup.
- Omit half the milk in pancake/waffle recipe and replace it with enough applesauce to make a smooth, thin consistency.
- Spread sour cream over pancake or waffle and top with a spoonful of cherry pie filling.
- Hawaiian: mix 1/4 cup crushed pineapple with 1/2 cup sour cream and spread on pancakes or waffles. Then drizzle with mixture of pineapple juice (drained from can okay) and maple syrup (2 to 1).

### **Denver Stack**

8 five-inch pancakes or waffle squares  
maple syrup  
mustard butter  
Denver filling

Spread two pancakes/waffles with mustard butter. In between the two put Denver filling, and then top with maple syrup. Serves 4.

**Mustard butter:** beat 1/2 cup butter (or other spread) with 1 tablespoon prepared mustard.

**Denver filling:** Cook and stir 1/4 cup minced onion and 1/4 cup minced bell pepper (any color) in one tablespoon butter (or olive oil) until onion is tender. Add 1/3 cup diced cooked ham, and heat through.

### **Basic French Toast**

2 eggs  
1/2 cup milk  
pinch of sugar  
1/4 tsp vanilla (optional)  
6 small-medium sized slices bread (white, whole grain, raisin, or cinnamon)

Toast bread and let cool. Whisk eggs, milk and sugar until well blended. Dip toast into egg mix covering both sides, and fry on hot griddle until browned—flip bread and brown other side. Serve hot bread sprinkled with powdered sugar or spread with butter and syrup or jam. Makes 2-3 servings.

## Oven Puff Pancakes

4 Tbsp butter, melted  
6 eggs  
¼ tsp salt  
1 cup flour  
1½ cups milk  
3 Tbsp sugar

Preheat oven to 400 degrees. Pour butter into a 9x13 pan. Beat eggs and blend in next 4 ingredients. Pour batter in pan with butter and bake 30 minutes or until light brown and center is cooked through. Sides puff up—if they get brown before center is cooked, cover with a strip of foil. Cut into squares and serve with butter and jam or syrup. Serves about 8.

## TRULY INCREDIBLE, EDIBLE EGGS

Like many foods eggs have enjoyed a sort of superior status in the past, and then fallen from grace. I hope they are making a comeback. After all, if mom doesn't know the truth about things, no one does, and my mom always encouraged me to eat my eggs and especially the "yellow part" because that's where all the food value is, she said. It is generally believed that the more colorful a food is in its natural state, the richer in nutrients it will be—so why all the push toward egg whites and away from the yoke? You can probably answer that question better than I can, but I do believe it has something to do with that seeming enemy to all—cholesterol (as well as saturated fat). Which, by the way, is now being questioned—i.e. the role it plays in heart disease.

In an effort to bring this cleverly packaged bundle of nutrition back to its proper standing consider this: In "The Family Nutrition Book" by William and Martha Sears (M.D. and R.N. respectively), the egg is listed on their top twelve family foods list. They say, "... the key to healthy eating is to fill your plate with foods that provide high-quality nutrition, those foods that are most nutrient-dense. This means foods that pack a lot of nutrition alongside relatively few fats and calories."

Eggs supply protein (repairs and maintains cell structure), vitamin A (promotes healthy vision, skin and teeth), riboflavin (energy, red blood cell reproduction), vitamin B-12 (necessary for healthy red blood cells), and folic acid (red blood cell production, etc).

Go ahead and feed your family those incredible edible eggs and be sure you all sit down and eat them together!

## Egg Casserole

12 eggs – scrambled and cooked with  $\frac{1}{4}$  cup milk until *barely* set  
Put eggs in an 13x9-inch pan.

1 can cream of mushroom soup – mix with  $\frac{1}{2}$  soup can of milk  
 $\frac{3}{4}$  cup shredded cheddar cheese (more or less)  
Pour soup/milk over eggs and sprinkle with cheese. Bake 25 minutes at 350 degrees.

## Basic Omelet

3 eggs  
1 Tbsp butter (or other oil/spread)

Melt butter in 8-inch skillet over medium high, tipping pan to cover entire bottom. Mix eggs just until whites and yolks are blended. When butter just begins to brown pour eggs all at once into skillet. Quickly spread egg over entire bottom of skillet with fork and moving skillet back and forth over heat. Let skillet stand over heat so bottom of egg browns, about 15 – 30 seconds. Remove from heat and run spatula, fork or knife under edges of egg to loosen: jerk pan to loosen egg and fold over itself (in half). Brush with a little butter and sprinkle with salt and pepper.

### Omelet variations—

- Just before folding omelet, sprinkle with one or a combination of the following: season salt or basil, 2 Tbsp real bacon pieces or minced cooked ham,  $\frac{1}{4}$  cup shredded cheddar cheese (or any kind), 1-2 tsp diced onion, 1 chopped green onion, 1 Tbsp diced bell pepper, or 1-2 Tbsp salsa.
- Just before folding omelet spread a little *Spanish Sauce* inside and then pour remaining on the outside. Sauce (enough for 2 omelets)—Cook and stir 1 Tbsp minced green pepper and 1 Tbsp minced onion in 2 tsp butter for 1-2 minutes. Add 8 oz tomato sauce, 2 tsp sugar, 1 tsp Worcestershire sauce, and dash cayenne (red) pepper. Simmer 5- 10 minutes.

## Simple Souffle

18 eggs  
4 oz can diced green chilies  
2-3 medium sized tomatoes, sliced thin  
 $1\frac{1}{4}$  cup (more or less) shredded cheddar/jack cheese

Preheat oven to 350 degrees. Butter 9x13 pan. Spread chilies over bottom. Sprinkle half the cheese in the pan and then cover this with tomatoes. Beat eggs with salt and pepper to taste, until frothy. Pour egg into pan and top with remaining cheese. Bake about 35 minutes or until center is set. Serve with salsa (optional). Make ahead the night before, cover and refrigerate until ready to bake in the morning.

### **Cheesy Mock Egg Souffle**

12 slices white bread, crusts trimmed  
1½ cups (about 6 oz) shredded jack cheese  
1½ cups shredded cheddar (mild, medium or sharp)  
8 oz diced fully cooked ham  
6 eggs  
3 cups milk

Slightly grease 9x13-inch pan. Generously butter both sides of each slice of bread (or use your favorite spread). Cover bottom of pan with 6 slices of bread. Sprinkle with half the cheeses, and ham. Repeat—bread, ham and cheese. Whisk eggs with milk and add salt (at least 1 tsp) and pepper to taste. Cover and refrigerate overnight. Bake 350 degrees about 45 minutes or until center is cooked through. Serves about 8-10.

### **Eggs in Ham Cups**

1 tsp olive oil  
6 thin slices fully-cooked ham, each 4" across (or bologna)  
6 eggs  
6 tsp milk

Preheat oven to 375 degrees. Grease six muffin cups. Spread oil around skillet and heat on medium. Fry ham slices in skillet, each side, for about a minute. Lift each slice with tongs into a muffin cup and press down. Break one egg into the center of each ham slice. Pour one teaspoon milk over each egg. Sprinkle with salt, pepper and paprika (optional). Bake uncovered 15-20 minutes or until eggs are set.

### **Tasty Fried Egg**

1 ½ Tbsp butter  
¾ cup cream  
8 eggs  
1/8 tsp cayenne or red pepper  
1/3 cup grated swiss cheese

Melt butter in skillet over low heat. Pour cream in skillet and break eggs into skillet. Sprinkle eggs with cayenne and a little salt. Cook eggs, basting with cream until cooked the way you like. (Turn them if you want yoke cooked hard) Sprinkle eggs with cheese and immediately remove to serving plate.

## Breakfast Pizza

1 pkg sausage-flavored gravy mix

1 Boboli

8 eggs, scrambled

½ lb bacon, cooked and crumbled (or 6 slices *fully-cooked* type)

½ pkg Jimmy Dean sausage, crumbled and browned

Optional toppings: bell pepper (any color, chopped), onion, mushroom, etc.

¾ cup shredded cheddar cheese (more or less according to taste)

Preheat oven to 350 degrees. Make gravy and cover boboli top with it. Top gravy with scrambled eggs, bacon, sausage, and any other toppings. Cover with cheese and bake 20 minutes.

## FRUIT SIDES – They're always a hit: delicious and nutritious!

### Just Fruit

Great and simple fruit sides that compliment any breakfast include a slice of melon, berries, orange segments, grapes and pineapple.

### Breakfast Fruit Sauce

8 oz cottage cheese (or 4 oz + 4 oz plain or vanilla yogurt)

2½ Tbsp powdered sugar

½ tsp vanilla extract

½ tsp (*scant*) coriander

Put all in blender and puree. Serve over fresh or canned fruit.

### Fruit on Skewers

The *presentation* of food can make a meal more appealing and fun. Cut a thin slice from the stem side end of an orange (so it won't roll around). Place the orange, cut side down on a small plate and poke skewers into the orange.

#### A few good fruit combinations for skewers or small dishes:

- Pineapple chunks and banana slices rolled in chopped peanuts
- Fresh or canned pineapple, strawberries and blue plums
- Cantaloupe balls (or pieces), dark sweet cherries and green grapes
- Orange and grapefruit sections, avocado pieces and strawberries
- Apricot, pear, or peach pieces with tiny ball of cream cheese rolled in chopped nuts
- Serve halved green grapes or cherries in cavity of pear or peach halves
- Mix fresh peach slices, green grapes and peanuts

### **Peach/Pear Surprise**

Spread a fresh or canned peach or pear half with mayonnaise and sprinkle with shredded cheddar cheese.

### **Pineapple on English Muffin**

- 2 English Muffins (4 halves)
- 4 thin slices cooked ham (about 3½ -inch square)
- 4 fried eggs (sunny side to over hard, whatever you prefer)
- 4 thin slices American cheese
- 4 pineapple rings (canned or fresh)

Toast English muffin halves and butter. Lay muffin halves on baking sheet and layer each with one ham slice, one egg, one slice of cheese and one pineapple ring. Place under broiler until cheese melts.

### **Old-Fashion Baked Apples**

- 6 medium cooking apples, washed and cored
- 5 Tbsp brown sugar
- 1 Tbsp granulated sugar
- 3 Tbsp butter (or buttery spread), soft
- ½ tsp cinnamon

Make a shallow cut in skin, about 1-inch from bottom of apple (this keeps skin from shrinking). Place apples in glass baking dish. Mix sugars and cinnamon with butter. Divide this mixture between apples (ie place in the center, down the core of each) Cover apples with wax paper and microwave 5-10 minute, or until apples are tender. (Microwaves and apple types vary, and so cooking times need to be adjusted to your situation)

### **Sweet Glazed Grapefruit**

- 2 large grapefruit
- 4 tsp orange juice
- 3 Tbsp sugar
- ½ - 1 tsp cinnamon (to taste)
- 2 tsp butter (or buttery spread)
- Optional: maraschino cherries

Cut grapefruit in half and cut around sections. Place each in a microwave safe dish. Pour 1 tsp orange juice over each half. Mix sugar and cinnamon and sprinkle over halves. Dot grapefruit with butter. Microwave halves (all together) for 3-6 minutes (until very warm). If you do them one at a time, microwave time will be less—1-3 minutes each.

- Whole grain or raisin toast topped with peanut butter, tuna, or slices of lean turkey or chicken.
- String cheese or a slice of cheddar with fresh fruit.
- Handful of raw almonds and raisins.
- Cottage cheese with pineapple, raisins (really good!) or any fruit you prefer, stirred in.
- Sprinkle cheese on toasted bread and broil until cheese melts.
- Instant breakfast powder shake with a little frozen yogurt, and some protein powder.
- Sprinkle freshly ground flax seeds on your cold or cooked cereal, mix it into waffles, pancakes, etc.--this boosts the protein. (A coffee grinder will grind flax seeds easily)
- Grab and go protein bar.
- Spread hummus on a whole grain bagel.
- Spread peanut butter and mashed banana on a whole grain bagel.
- Hard boil eggs and keep in refrigerator for something quick to grab that's high in protein to compliment your meal.
- Unsophisticated Omelets with egg and cheese--just scramble the egg with a little sour cream and shredded cheese, and cook, stirring occasionally until eggs are set.
- Cook your favorite whole grain cereal (such as oatmeal) and add a little brown sugar, raisins, and broken raw pecan (or almond) pieces.
- Slice of cheese pizza and orange juice.



## MARVELOUS MENUS!

I'm not a math whiz but I do know that the different possible combinations for breakfast menus that can be made just by using this little e-book is a lot! (Like, in the 100's) Here are some examples that will make things even easier for you in making sure that the very important *regular* family meal is something your kids grow up healthy with.

*A recent survey by the National Center on Addiction and Substance Abuse (CASA) at Columbia University reports that children who eat regularly with their families are less likely to have sex at young ages, get into physical fights, be suspended from school, or have suicidal tendencies. These desirable behaviors hold true regardless of the child's gender, or the family's socioeconomic position.*

*According to a press release put out by the American Psychological Association (APA) in December 2002, "Family routines are important to the health and well-being of today's families . . . according to a review of the research over the past 50 years." The review finds that family routines (one of the more common ones being dinnertime) are powerful organizers that offer stability. Family routines are associated with marital satisfaction, adolescents' sense of personal identity, children's health, academic achievement and stronger family relationships.*

### Menu Suggestions:

- |                                                                                                          |                                                                                    |
|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| 1) Pineapple On English Muffin (Fruit Sides)<br>Yogurt Frosty (Drink it and Go)                          | 2) Bacon Pie (Rolls and More)<br>Fresh Fruit Skewer (Fruit Sides)                  |
| 3) Denver Stack (Pancakes and Waffles)<br>Lime Refresher (Drink it and Go)                               | 4) Cream Cheese Croissants (Rolls and More)<br>Melon Berry Blend (Drink it and Go) |
| 5) Breakfast Pizza (...Eggs)<br>Sweet Glazed Grapefruit (Fruit Sides)<br>Milk                            | 6) Eggs in Ham Cups (...Eggs)<br>Melon with Fruit Sauce (Fruit Sides)<br>Milk      |
| 7) Basic French Toast (Pancakes and Waffles)<br>Fresh mixed berries (or frozen, thawed)<br>Milk or Juice | 8) Omelet (...Eggs)<br>Brown Sugar Muffins (Rolls and More)<br>Orange Juice        |
| 9) Strawberry Waffle<br>Tasty Fried Egg<br>Juice                                                         | 10) Hawaain Pancake (Waffles and Pancakes)<br>Simple Souffle<br>Milk               |
| 11) Handful of Raw Almonds and Craisins (Hi- Pro...)<br>Orange Juiciest (Drink it and Go)                | 12) Oven Puff Pancakes (Waffles and Pancakes)<br>Granola Parfait (Rolls and More)  |
| 13) Broccoli Cheese Breakfast Quiche (...Eggs)<br>Orange Juice                                           | 14) Easiest Yum Pancakes (Waffles and More)<br>Apple Juice                         |
| 15) Simplest Biscuit (Rolls and More)<br>Slice of cheddar and melon<br>Milk or juice                     | 16) Oatmeal with pecans and brown sugar<br>Berry Creamsicle (Drink it and Go)      |

## HINTS THAT HELP WITH BREAKFAST

### \*Easily Cooked Cereal

My favorite way to cook oatmeal (or any whole grain cereal) is the *easy* way. I measure the amount of cold water called for (or I adjust according to what I like) in a large glass measuring cup—large to avoid spill-overs—and then put the amount of cereal I want on top. Pop this in the microwave from 2 to 10 minutes (depending upon the kind of cereal): stir and enjoy. Raisins are great to add as a sweetener along with the cereal before cooking. The difference between this method and what the package usually directs is the difference between lumpy and not lumpy cereal! (My kids hate the lumps)

### \*Hints on Juicing Citrus Fruits

Rolling lemons, oranges, grapefruit, and limes that are *room temperature*, on the counter before juicing them, will make it easier to get out as much liquid as possible.

### \*Concentrated Juice Offers Big Savings

Most cartons of juice offer the buyer the opportunity to spend up to 60 percent more than purchasing the frozen concentrated equivalent. That is a big difference for the same amount of product.

### \*Fiber in Fruit

Some of the most common breakfast fruits contain a significant amount of fiber. Here's how they weigh in: Raspberries, raw 1 cup 8.36 g, Blackberries, raw 1 cup 7.63 g, Raisins, seedless 1 cup 5.80 g, Oranges, raw, all commercial varieties 1 cup 4.32 g, Pears, raw 1 pear 3.98 g, Blueberries, raw 1 cup 3.92 g, Strawberries, raw 1 cup 3.82 g, Apples, raw, with skin 1 apple 3.73 g, Mangos, raw 1 mango 3.73 g, Bananas, raw 1 cup 3.60 g. (Source: USDA)

### \*Keeping Scrambled Eggs Moist

While cooking scrambled eggs stir in a little sour cream (about 1 heaping Tbsp to 8 eggs).

### \*Better Breakfast Cereals

A general rule of thumb when choosing which cold cereal to buy, since we know many of them are not very good for us, is to look for the following: Each serving should provide 5 grams (or more) of fiber, 10 grams (or less) added sugar, 3 grams (or more) of protein, contain at least 25% of the recommended daily value of iron, and provide 200 (or less) calories.

### \*Remember Carbs, Fat, and Protein

You haven't woken your body up completely in the morning until you've eaten. Your body needs carbs, good fats, and protein to survive and it's best to include all three at breakfast too. (Opinions on this vary, but it seems to make a lot of sense)

### \*Is That Egg Fresh?

Eggs rarely spoil (before they're cooked), but they do lose their freshness. Yolks flatten, whites become thin, bacteria can multiply, and eventually eggs dry up. Keeping them in their original carton retains moisture, protects them, and keeps eggs from picking up odors and flavors from other food. Refrigeration slows the aging process of

eggs way down. Cartons are stamped with a date which is a suggested “use by” date. Eggs can be used after this time but will have lost some of their freshness. Eggs that float when put in a pan of water are not as fresh as those that sink.

### **\*Hard/Soft Boiling Eggs**

Putting lots of salt in the water before boiling eggs helps shell them perfectly every time. Placing a few drops of vinegar in the water before boiling eggs will keep the eggs from spilling out into the water if they crack. For hard boiled eggs simmer gently for 10 minutes, or just bring water in a saucepan with eggs to a boil, turn off stove and let eggs sit covered about 20 minutes. If you have a pan full of eggs, cooking time needs to increase! (Using raw eggs for an Easter egg hunt can spell disaster!) If you’re wondering how to tell if egg is cooked through or not, remove it from the pan, lay it on its side and “spin” it. If it spins easily, voila, it’s cooked. If it wobbles at all, it isn’t quite done. For a soft boiled egg, boil gently 3-5 minutes.

### **\*Did you Know This about Eggs?**

Eggs can be frozen! (But not in the shell) Beat egg yolks and white together before freezing, or freeze whites alone. If you drop a raw egg, pouring salt on it makes it easier to clean up.

### **Using the Right Fat For High Heat**

When heating up the griddle to fry those pancakes, hashbrowns, etc., or whenever you’re cooking at high heat, do not use a fat that burns easily such as butter, extra virgin olive oil or nut oils. Instead use most vegetable oils, corn oil, safflower oil, pure olive oil, or canola oil. For deep frying the best oils to use include safflower, soybean, canola and corn. Others begin smoking at much lower temperatures and will make your experience most unpleasant!

## **Use *Chef* Service and SAVE**

A couple of *lifestyle* tips that often come up in articles on saving money are “get organized,” and “learn to love home-cooked meals.” Without organization you can’t find that scrub brush, Phillips screwdriver, or favorite CD, and too often the solution is to go out and buy another. When eating out is a habit your pocket book is drained. *Chef* service gets you organized with menus and shopping lists, making regular home-cooked meals a real possibility! Our low monthly rate is peanuts compared to the amount of time and money *Chef* will save a committed member.

We hope you enjoy this e-cookbook brought to you by *Everything but the Chef* for a long, long time.  
Best to you in all your mealtime adventures!