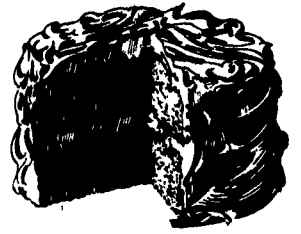


# Home On The Range



## Breakfast Favorites

Tired of the same old things for breakfast? Looking for some new recipes for a weekend brunch? Brighten your mornings with a little inspiration.

Transform whole wheat toast into an elegant breakfast entree, topped with sauteed apple slices simmered in maple syrup and spiced with cinnamon.

Make a vegetable frittata for a leisurely breakfast or brunch. It takes just minutes to prepare for baking, and offers satisfying eating with just 154 calories per serving.

Add sweetness to your mornings with sweet potato and raisin quick bread. Whether served plain or toasted, it's great for breakfast or snacks.

In a hurry? Prepare French toast at your convenience, freeze it, and all you need to do is pop a piece into your toaster to reheat. Top it with something different each time.

Add a little pizzaz to your breakfast egg with a dollop of taco sauce or roll it into a tortilla or stuff it into a pita bread.

### BAKED GRAPEFRUIT

½ grapefruit per serving  
1 teaspoon butter  
1 teaspoon cinnamon-sugar mixture

1 maraschino cherry  
Preheat oven to 350 degrees. Cut each grapefruit section to loosen the flesh from the membrane. Remove seeds. Dab with butter, sprinkle with cinnamon-sugar mixture. Place on a baking sheet and bake for 15 minutes. Remove from oven and place in broiler. Broil 5 minutes, until hot and bubbly. Serve with cherry in center.

### FRUIT CRUNCH

16-ounce can apple pie filling  
½ cup flour  
½ cup oatmeal  
1 cup sugar  
½ teaspoon salt  
1 teaspoon cinnamon or nutmeg  
1 egg, beaten  
½ cup melted butter, optional  
In a greased 8-inch square pan, pour in fruit, spreading evenly. Combine flour, oatmeal, sugar, salt, cinnamon, and egg until crumbly, sprinkle over top. If desired, for a crunchier top, drizzle butter over top. Bake at 350 degrees for 35 to 40 minutes or until golden brown.

### SWEET POTATO AND RAISIN BREAD

1 cup flour  
½ cup whole-wheat flour  
1 teaspoon baking powder  
½ teaspoon baking soda  
1 teaspoon ground cinnamon  
½ teaspoon ground allspice  
1 egg  
½ cup packed brown sugar  
½ cup milk  
¼ cup vegetable oil  
1 cup peeled, grated fresh sweet potato, packed  
½ cup raisins

Preheat oven to 350 degrees. In medium bowl, sift together flours, baking powder, baking soda, and spices. In a large bowl, beat egg and sugar until light and fluffy. Gradually add milk and oil, continue beating for 1 minute. Stir in sweet potato and raisins. Add the dry ingredients and stir until just blended. Pour into a greased 8x4-inch loaf pan. Bake 50 to 60 minutes. Let stand for 10 minutes before removing and cooling on a rack. Makes one loaf.

### ZUCCHINI AND SCALLION FRITTATA

2 cups unpeeled, diced zucchini  
1 tablespoon butter  
½ cup soft whole wheat bread crumbs  
½ cup milk  
¼ cup scallions  
6 eggs, beaten  
½ cup grated Parmesan cheese  
Salt and pepper, to taste  
Garnish with cherry tomato wedges

Sprinkle zucchini with salt and drain for 15 minutes; pat dry. Preheat oven to 350 degrees. Melt butter in a medium skillet. Add zucchini and saute over medium heat 3 minutes. In a large bowl, combine bread crumbs and milk; let stand 5 minutes. Stir in cooked zucchini, scallions, and eggs; season with salt and pepper. Pour mixture into a buttered 9-inch pie plate; sprinkle with Parmesan cheese. Bake 25 minutes or until set. Cut into wedges. Garnish with tomato. Serves 6.

### STRAWBERRY ROMANOFF TOPPING FOR WAFFLES

1 cup whipping cream  
¼ cup confectioners' sugar  
16-ounces frozen strawberries, defrosted and drained  
Beat cream until thickened; add sugar. Continue beating until stiff. Yields: 2½ cups.



French toast continues to be a breakfast favorite. A time-saver is to make a batch ahead of time, refrigerate, and warm in toaster or microwave oven when ready to use.

### CINNAMON APPLE TOAST

3 medium cooking apples  
2 tablespoons butter  
3 tablespoons pure maple syrup  
1 tablespoon fresh lemon juice  
¼ teaspoon ground cinnamon  
4 slices whole-wheat bread, toasted  
1 tablespoon sugar

Preheat oven to 500 degrees. Peel, core, and thinly slice apples. In a medium non-stick skillet, melt butter over medium heat. Add apples, syrup, lemon juice, and cinnamon. Cook about 5 minutes or until apples are soft. Drain and reserve the cooking liquid. Allow apples to cool a few minutes. Place toasted bread on a lightly buttered baking sheet. Divide apples equally, overlapping the slices in a spiral design. Sprinkle apples with sugar. Bake about 5 minutes or until the apples are hot and bread is crisp. Drizzle the reserved liquid over the apples and serve immediately. Serves 4.

### EASY ORANGE FRENCH TOAST

6 eggs  
½ cup orange juice  
¼ cup milk  
½ cup sugar  
1 tablespoon grated orange peel  
½ teaspoon vanilla  
¼ teaspoon ground nutmeg  
8 slices day-old raisin bread  
Confectioners' sugar, optional  
Grated orange peel, optional  
In medium bowl, beat together eggs, juice, mil, granulated sugr, 1 tablespoon grated orange peel, vanilla, and nutmeg until well blended. Pour half of the egg mixture into a 13x9x2-inch pan. Place bread slices in the egg mixture. Turn slices and let stand, until egg mixture is absorbed. Place bread slices in single layer on 2 well-greased baking sheets.

Bake in preheated 375 degree oven 10 minutes. Turn slices. Continue baki8ng until golden brown, about 10 minutes. Sprinkle with confectioners' sugar and top with grated orange peel, if desired. Serve immediately.

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*make it milk*

## Featured Recipe Easy Steps To an Omelet

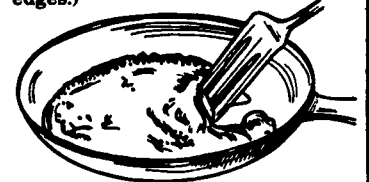
For economy, versatility and even elegance, a quick-and-easy omelet is a cook's delight. Because eggs offer high-quality protein at a bargain price, an omelet is a great budget-stretcher. When eggs are 90 cents a dozen, a plain 2-egg omelet costs only about 15 cents!

Appropriate as morning eye-openers and as midnight snacks, omelets fit today's meal-in-a-minute needs. They adapt well when family members need to eat at different times or simply have different food preferences.

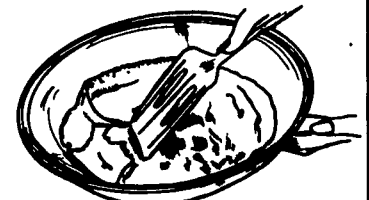
Almost any food — including leftovers — can fill an omelet, so it can be diet-wise, hearty, plain or fancy. Prepare the filling before you begin to cook the omelet. A just-cooked omelet will be hot enough to melt cheese and warm some filling ingredients such as yogurt, peanut butter, jelly, or chopped fruits. Fully cook raw foods or heat refrigerated foods.

Best of all its attributes, an omelet can be ready to fill in less than a minute!

enough to sizzle a drop of water. Or, use vegetable spray-on for less calories and fat. Pour in egg mixture. (Mixture should set immediately at edges.)



3. With an inverted pancake turner, carefully push cooked portions at edges toward center so uncooked portions can reach hot pan surface.



4. While drawing cooked portions toward center, tilt pan and move cooked portions as necessary.



1. Beat together 2 eggs, 2 table-  
spoons water, 1/8 teaspoon salt,  
a dash of pepper and/or your  
favorite herb until blended.



2. In 7- to 10-inch omelet pan or  
skillet over medium-high heat, heat  
1 tablespoon butter until just hot

5. While top is still moist and  
creamy-looking, spoon about 1/2 cup  
filling on one side of omelet. With  
pancake turner, fold unfilled side of  
omelet over filling.



6. Slide omelet from pan onto plate  
or invert onto plate with a quick flip  
of the wrist.

## Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

### January

- 15- Pasta Dishes
- 22- One-Dish Dinners
- 29- Cooking With Lamb

### February

- 5- Favorite Muffins