

Home on the Range

Breakfast Ideas You Won't Skip

The best breakfasts have an element of surprise and delight...healthy is great but, unless food also tastes great, nobody — particularly the kids — is eager to eat it.

With today's hectic schedules, time and ease of preparation are obviously also critical factors.

Pairing meat with a part-skim milk cheese — both excellent protein sources — offer a variety of wholesome, energy-boosting ways to start the day.

Everyone loves pizza and the shortcut mini pizzas with pizzazz give a savory twist to tradition. Complete with colorful veggies — a hidden nutritional plus — they take advantage of leftover cooked meat.

Pie for breakfast? Why not if it's blue cheese and roasted red pepper tart? Try these intriguing recipes to make breakfast the favorite meal of the day.

PANCAKES WITH SAUSAGE GRAVY

Pancakes:

- 2 cups Bisquick mix
- 2 eggs
- 1 cup milk

Beat eggs and milk. Add Bisquick and mix well. Fry in skillet until lightly browned on both sides. While frying pancakes makes sausage gravy.

Sausage:

- 1 to 2 pieces leftover sausage
- 1 teaspoon butter
- 2 cups milk
- 2 tablespoons flour

Cut leftover fried sausage into tiny pieces. Fry lightly in butter. Add milk to the sausage. Bring to the boiling point. Mix flour and a little water and use it to thicken the sausage and milk.

Spoon sausage gravy over warm pancakes and enjoy.

Lucille Martin
Reinholds

OATS AND BARLEY

A Breakfast to Last All Day
Johnny Cash's Favorite

- 1 cup quick cooking barley
- 1 cup quick cooking oatmeal
- Salt

Boil barley for one minute. Add oatmeal. Take off burner. Stir just a few seconds. This keeps the grain crunchy. Add sugar or honey with milk to taste. Add fresh fruit. Skip lunch!

BREAKFAST CASSEROLE

- 6 eggs
- 2 cups milk
- 2 teaspoons dry mustard
- 1 teaspoon Worcestershire sauce

- 1/2 pound cheese
- 2 cups bread cubes
- 6 slices bacon, fried (or ham pork roll or sausage)

- 1 teaspoon salt
- Pepper to taste
- 1/4 cup melted butter (optional)

Lightly grease a 9x13-inch pan. Beat eggs, add milk and remaining ingredients. Cover. Let stand overnight. Bake for one hour at 325 degrees with foil on pan. Then uncover for additional 15 minutes. Serves 6 to 8.

Judith Zimmerman
Lebanon

BATTLE BREAKFAST

- 1 pound beef, cut into 1/2-inch cubes

- 2 chives, chopped
- 1 clove garlic, crushed
- 4-ounce can mushrooms, drained, chopped

- Pinch oregano
- Pinch MSG
- Salt and pepper to taste
- 1/2 cup melted butter

6 eggs
Saute beef, chives, garlic, mushrooms, oregano, MSG and salt and pepper in melted butter in skillet until meat is tender. Add eggs. Cook until eggs are set but not dry, stirring constantly. Yield: 6 servings.

MINI PIZZAS WITH PIZAZZ

- 2-3 tablespoons olive oil
- 1/2 cup diced onion
- 1/2 cup diced green pepper
- 2-3 teaspoons Italian herb seasoning

- 2 cups diced or thinly sliced leftover pork

- 2 cups shredded cheese
- 1 1/2 cups quartered cherry tomatoes

- 8 halved and toasted English muffins

Heat olive oil over medium-high heat and saute onion with pepper 3 minutes. Add herb seasoning and pork and saute another minute. In a bowl, toss cheese with tomatoes.

Heat oven to 350 degrees. Using a 1/2 cup measure, if available, mound a scant 1/2 cup of the mixture on each muffin half. Arrange on a baking tray and bake 6 to 8 minutes, until melted.



Blue Cheese and Roasted Red Pepper Tart features a foolproof, buttery crust easy enough for novice cooks to make. Serve this simple yet elegant tart for holiday brunch or breakfast.

PARMESAN EGG CASSEROLE

- 8 hard-boiled eggs, sliced
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup Parmesan cheese

Arrange eggs in casserole. Melt butter in saucepan. Stir in flour until smooth. Add milk gradually. Bring just to the boiling point, stirring constantly; reduce heat. Cook for 3 to 5 minutes longer. Add salt and pepper; mix well. Pour over eggs. Sprinkle with Parmesan cheese. Yield: 6 servings.

ROSALYNN CARTER'S GRANOLA

- 1/4 cup butter
- 1/4 cup honey
- 3 cups oats
- 1/2 cup untoasted sunflower seed
- 1/2 teaspoon cinnamon
- Chopped pecans
- 1/2 cup wheat germ
- 1/2 cup raisins

Melt butter in a 9x13-inch baking dish. Stir in honey. Add oats, sunflower seed, cinnamon and pecans; mix well. Bake at 350 degrees for 15 minutes, stirring frequently. Stir in wheat germ. Bake for 10 minutes longer or until lightly browned. Add raisins; mix well. Cool completely. Store in airtight container. Use as cereal or as a garnish on cereal or yogurt. Yield: 6 cups.

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Featured Recipe

Bob and Annette Hughes operate Rainbow Apiaries on their East Earl farm. In addition to selling honey, the commercial beekeepers also make numerous types of candles from beeswax and have bee and candle making supplies.

Hughes also will be teaching two different courses at the Garden Spot High School Adult Education Program. One is beekeeping and the other is candlemaking. For more information, look for the feature story on the Hughes in this section.

Here is a recipe for homemade bread with honey that Hughes often makes.

COLONIAL YEAST BREAD

- 1/2 cup cornmeal
- 1/2 cup honey
- 1 tablespoon salt
- 2 cups boiling water
- 1/2 cup vegetable oil
- 2 packages dry yeast
- 1/2 cup warm water
- 1/2 cup whole wheat flour
- 1/2 cup rye flour
- 4 1/2 - 5 1/2 cups flour

In a mixing bowl, combine corneal, honey, salt, boiling water and oil. Let cool to lukewarm. Meanwhile, dissolve yeast in warm water and let stand 5 minutes. Stir into corneal mixture. Add whole wheat flour, rye flour, and enough all-purpose flour to form stiff dough. Turn out onto a floured board; knead until smooth and elastic, about 6 to 8 minutes. Place in a greased bowl; cover and let rise in a warm place until doubled, about 1 1/2 hours. Punch down dough. Divide into two balls. Cover and let rest 10 minutes. Shape into 2 loaves and place in two loaf pans.

Cover and let rise until doubled, about 1 1/2 hours. Bake at 375 degrees for 35 to 40 minutes. Cover loosely with foil if top browns too quickly. Remove from pans and cool.

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 7- Your Favorite Soup
- 14- Bread and Bread Rolls
- 21- Pizza Week
- 28- Beef For Dinner