

Home on the Range

Build A Better Breakfast

Build a better breakfast than a bowl of store-bought cereal. These recipes are better tasting, better for you, and better looking, which appeals to family and guests.

"Breakfast is Alverna Martin's favorite meal to prepare. She and several other readers sent in several favorite breakfast recipes for our readers to enjoy.

Enjoy fruit for breakfast? For a free copy of Fruit Fables, filled with fruit recipes and whimsical stories, write to Oregon Fruit Products Co., Dept. 1197, P.O. Box 5283, Salem, OR 97304 or call 1-800-394-9333.

CORN PONE

- 1 cup sugar
- ½ cup shortening or oil
- 1½ cups milk
- 1½ cups flour
- 1½ cups cornmeal
- 2 eggs
- 3 teaspoons baking powder
- 1 teaspoon salt

Mix liquids and eggs. Add dry ingredients. Mix well. Bake in a loaf pan at 325 degrees, about 40 minutes. Serve warm with milk and fruit if desired.

Alverna Martin
Wellsboro

BAKED OATMEAL

- ½ cup oil or applesauce
- 2 eggs
- ¾ cup brown sugar
- 3 cups quick oats
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 cup milk
- 1 teaspoon vanilla
- 1 teaspoon cinnamon

Raisins, dates, apples, etc.
Stir together liquids and beaten eggs. Add dry ingredients and stir well. Add your choice of fruit, if desired. Chop large pieces). Bake at 350 degrees for 20-30 minutes. Serve warm with milk.

Alverna Martin
Wellsboro

HOT COCOA

- 1 tablespoon cocoa
- 1 tablespoon sugar
- Dash salt
- ¼ cup hot water
- ¼ cup milk

Mix together cocoa, sugar, and salt in a saucepan, add hot water. Place over low heat, bring to a boil. Boil for two minutes, stirring constantly. Add milk and heat slowly. Do not boil. Serve hot. Can be doubled for larger servings.

Kristina Pardoe
Sullivan Co. Dairy Princess



A delightful way to serve quiche is in Egg Pepper Pots.

SPICE BUTTERMILK PANCAKES

- 2 cups sifted all-purpose flour
- 1½ teaspoon baking soda
- ¼ teaspoon salt
- 2 tablespoons sugar or molasses*
- 1 teaspoon cinnamon
- 1 teaspoon cloves
- ½ teaspoon ginger
- 2 eggs
- 2 cups buttermilk
- 1½ teaspoon melted butter

Sift together all dry ingredients. Beat eggs until light, add dry ingredients alternately with buttermilk, beating until smooth. Add melted butter and stir.

Pour on heated griddle to about 5-inches in diameter. Cook until browned underneath and bubbly on top. Flip and cook other side. Makes about 20 pancakes.

*If using molasses, beat into eggs before adding remaining ingredients.

Good with lemon syrup, apple cider syrup, or regular maple syrup.

B. Light
Lebanon

SAUSAGE AND EGG DELIGHT

- 1 pound sausage or other fully cooked meat
- 6 slices bread
- 1½ cup grated cheese
- 6 eggs
- 2 cups milk
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon dry mustard
- Dash paprika

Fry and chop meat. Tear up bread. Butter a 9x13-inch pan. Layer with meat, bread, and cheese. Beat eggs, milk, and seasonings. Pour over mixture in pan. Cover and refrigerate overnight or prepare in the morning and let set a few minutes.

Bake covered 40 minutes at 325 degrees. Uncover and bake 15 minutes more or until nicely browned and set. Do not overbake.

Alverna Martin
Wellsboro

BREAKFAST PIZZA

- 1 pound sausage
- 4 eggs
- ½ cup water
- 1 package refrigerated crescent roll dough
- 2 cups shredded cheddar cheese or other

Brown sausage. Press crescent roll dough onto an ungreased 9x13-inch pan, filling any opening by pressing dough together. Mix water and eggs. Pour over rolls. Crumble sausage over egg mixture. Sprinkle cheese on top. Bake at 350 degrees approximately 20 minutes.

Alverna Martin
Wellsboro

OMELET WAFFLES

- 4 eggs, separated
- ¼ cup all-purpose flour
- 6 tablespoons hot water
- ½ teaspoon salt
- ¼ teaspoon pepper, optional
- 2 tablespoons melted butter
- 2 tablespoons chopped fresh parsley

Heat waffle maker, brush with oil or non stick cooking spray. Beat egg yolks until lemon yellow. Beat together flour, water with salt and pepper and butter until smooth and beat into the beaten egg yolks. Beat egg whites and fold into the egg yolk mixture along with the parsley. Bake 2 minutes on hot waffle iron. Serves 2-3.

B. Light
Lebanon

STICKIE QUICKIE BUNS

- 1½ cups flour
- 2 tablespoons dry yeast
- ¼ cup milk
- ¼ cup hot water
- ¼ cup oil
- ¼ cup or less sugar
- 1 teaspoon salt
- 1 egg, beaten
- 1½ cup flour

Topping:
¼ cup butter
1 cup brown sugar
1 teaspoon cinnamon
¼ cup chopped nuts
1 tablespoon corn syrup
1 tablespoon water

In large mixing bowl, combine ½ cup flour and yeast. Mix next six ingredients well and add to flour and yeast. Beat on high speed for three minutes. Stir in remaining flour by hand or dough hook. Cover and let rise 30 minutes. While dough is rising, combine topping ingredients in a saucepan and heat until melted. Pour into 9x13-inch pan. Stir down batter and drop by tablespoons onto topping. Bake at 375 degrees for 15 minutes. Cool one minute. Cover with cookie sheet and carefully, but quickly, invert to remove from pan.

Note: this recipe can be prepared the night before and covered and refrigerated. Next morning, remove from refrigerator before heating oven. Bake as directed. Although this recipe looks long, it is quick to prepare.

Alverna Martin
Wellsboro

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An omelet is simply an egg envelope that can hold whatever you have a taste for or have on hand.

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.

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|-----------|-----|-------------------|
| January - | 17- | Soups & Stews |
| | 24- | Pizza Month |
| | 31- | Low Fat Recipes |
| February | 07- | Muffin Mania Week |