



Home on the Range



PUFFY FRENCH TOAST

1 cup flour
 ¼ cup sugar
 1½ teaspoons baking powder
 ½ teaspoon salt
 ¼ teaspoon nutmeg
 ¼ teaspoon cinnamon
 1 cup milk
 1 egg, beaten
 8 slices bread

Blend egg and milk together. Add to dry ingredients in bowl. Dip each slice of bread in mixture to coat both sides. Place on lightly greased griddle and brown on both sides. Serve with butter and syrup.

*Doris Adams
 Windber*

BROWNED CREAMED DRIED BEEF

½ cup butter
 ½ cup flour
 4 cups milk
 ½ ounce smoked dried beef, very thinly sliced
 Salt, freshly ground pepper

Melt butter in heavy skillet and stir in flour with wooden spoon. Cook over medium-high heat, stirring constantly, until it turns golden brown. Experiment with the degree of brownness you like. Some like it light, some medium, and some dark.

When flour is browned, gradually add milk and simmer on low heat for five minutes. Taste for seasoning. The amount of salt needed depends on the saltiness of the beef.

*Elisa Ranck
 Lancaster Co.
 Dairy Princess*

BANANA BREAD

½ cup butter
 1 cup brown sugar or less
 2 eggs
 2 large bananas, mashed
 1 teaspoon baking soda
 ¼ teaspoon salt
 1 cup white flour
 1 cup whole wheat flour
 ½ cup yogurt or buttermilk
 1 teaspoon vanilla or lemon extract
 ½ cup chopped pecans

Cream together butter, sugar, and eggs. Stir in mashed bananas.

Mix together dry ingredients and add to banana mixture, alternating with yogurt or buttermilk. Add vanilla or lemon extract. Fold in chopped nuts. Put in greased loaf pan.

Bake at 350 degrees for 50 minutes or until it tests done. Serves 12.

*Elisa Ranck
 Lancaster Co.
 Dairy Princess*

BANANA BREAKFAST DRINK

3 ripe bananas
 3 cups milk
 3 tablespoons honey
 1 teaspoon vanilla extract

Place all ingredients in blender; cover. Blend until smooth and frothy. Serve immediately.

*Amanda Martin
 Lebanon Co.
 Dairy Princess*

Breakfast and Beyond



(Clockwise from top left) White sandwich bread, lowfat crumb cake, toast, bagels, Quick and Fun Soda Cracker Bars, Cream Cheese Scrambled Eggs in Toast Cups, or Tortilla Hash can provide a great start to your day.

Featured Recipe

Mornings are hectic.

Despite busy schedules, a healthful breakfast can be quick and convenient. Studies show that children and adults who eat breakfast may realize benefits such as increased concentration, improved attitude, increased energy, improved overall diet, and the ability to work or study more efficiently.

Weight control might actually be more difficult for people who skip breakfast. Research shows that breakfast skippers have metabolic rates that are four to five percent below normal. Even if caloric intake remains constant; this can result in weight gain of one pound every seven weeks or about eight pounds a year.

Eating breakfasts of breads and complex carbohydrates can help increase energy levels throughout the day. Breakfast means "to break the fast" after anywhere from eight to 12 hours without food during the night. During that time energy levels drop. Breakfast helps the body regain glucose levels and increase energy levels.

When you consider how long it's been since you've had a meal, it's obvious that refueling at breakfast will make you feel and perform better during the day.

CREAM CHEESE SCRAMBLED EGGS IN TOAST CUPS

3-ounces lowfat cream cheese, softened
 ¼ cup lowfat milk
 3 whole eggs plus 3 egg whites
 2 teaspoons chopped chives, more for garnish
 ½ teaspoon salt
 2 tablespoons butter
 8 slices white sandwich bread, crusts removed, optional

Beat cream cheese with hand mixer until smooth. Gradually add milk. Add eggs, egg whites, chives, and salt; mix well.

Melt butter in skillet. When sizzling, pour in egg mixture. Cook over medium heat, stirring until eggs are thick and creamy. Serve in toast cups and garnish with additional chives. Toast Cups: Lightly butter both sides of bread. Push bread into lightly buttered muffin cups so that the corners form points. Bake at 350 degrees for 8 to 10 minutes or until golden brown.

BREAKFAST WAFFLE CLUB SANDWICH WITH HONEY APPLE SYRUP

¾ cup honey, divided
 ¼ cup apple juice
 2 tablespoons butter
 2 crisp, red apples, cored, sliced
 8 frozen waffles, toasted
 8 thin slices ham

To prepare syrup, place a half cup honey and apple juice in small saucepan over medium heat; heat thoroughly. Set aside and keep warm. Melt butter with remaining ¼ cup honey in large nonstick skillet over medium-high heat. Add apples; cook and stir about four minutes or until apples are lightly caramelized and crisp-tender. For each serving, place two waffles on plate, overlapping slightly. Top each waffle with one slice ham. Top with ¼ apple mixture and drizzle with ¼ cup syrup.

*Renee Blatt
 PA Honey Queen*

HAM, EGG, AND CHEESE CASSEROLE

8 slices stale bread, torn in bite-sized pieces
 6 eggs
 1 teaspoon dry mustard
 2 cups milk
 ½ pound ham, cubed
 2 cup cheddar cheese, shredded

Arrange bread in greased 9x13-inch baking pan. Beat eggs in mixing bowl until foamy. Add mustard, milk, ham and cheese, mix well. Pour over bread. Chill seven hours or overnight. Bake at 350 degrees for one hour or until firm. Let stand 5-10 minutes before serving.

*Stefanie Long
 Tioga Co.
 Dairy Princess*

BUTTERMILK PANCAKES

2 cups flour
 2 tablespoons sugar
 2 teaspoons baking powder
 1 teaspoon baking soda
 1 teaspoon salt
 2¾ cups buttermilk
 2 eggs
 ¼ cup butter

Stir together flour, sugar, baking powder, baking soda, and salt. Add remaining ingredients. Stir until batter is fairly smooth. Using a ¼ cup measure, pour batter onto 400-degree lightly buttered griddle. Turn when tops are covered with bubbles. Turn only once.

*Amanda Martin
 Lebanon Co.
 Dairy Princess*

QUICK AND FUN SODA CRACKER BARS

1½ cups sugar
 ¾ cup evaporated skim milk
 1 teaspoon vanilla extract
 6 tablespoons peanut butter
 ¾ cup shredded coconut
 38 soda crackers, crushed

In a large saucepan, combine sugar and evaporated milk. Bring to a boil over medium heat and boil for 3 minutes; remove from heat. Add vanilla and peanut butter to sugar mixture; mix well. Add coconut and crushed soda crackers; stir well. Cool slightly. Press mixture into lightly buttered 8x8-inch glass baking dish. Refrigerate for at least two hours. Cut into small squares.

EASY RAISIN BREAD FRENCH TOAST

2 eggs, plus 2 egg whites
 ½ cup lowfat milk
 ½ teaspoon vanilla extract
 ¼ teaspoon nutmeg
 8 slices raisin bread
 Cooking spray, optional

Combine eggs, egg whites, milk, vanilla extract, and nutmeg in a shallow dish. Whisk together until well combined.

Heat electric grill to medium heat. (Spray with cooking spray if griddle is not nonstick). Dip each slice raisin bread in egg mixture and place onto heated griddle. Brown each side for several minutes until golden brown. Serve hot with favorite jelly, jam, or syrup.

HONEY FRENCH TOAST

2 eggs, slightly beaten
 ¼ teaspoon salt
 ¼ cup honey
 8 slices bread
 ¼ cup milk

Combine first four ingredients. Dip bread slices in mixture and fry in butter until golden brown. Serve with honey, sprinkled with cinnamon.

*Renee Blatt
 PA Honey Queen*

FLAP JACKS

1 cup flour
 2 teaspoons baking powder
 ½ teaspoon salt
 1 cup milk

Combine ingredients. Fry like pancakes in hot skillet.

*N.K.
 Mechanicsburg*

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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 listed below.

February	5 - Muffin Mania Week
	12 - Valentine Sweets
	19 - Heart-Healthy Eats
	26 - Potatoes for All Occasions