



Brunch Ideas To Start Your Day

CHEESE BACON SQUARES

1 package refrigerator crescent rolls
 ¼ cup shredded mozzarella or Monterey Jack cheese
 ¼ cup shredded Swiss cheese
 ¼ cup milk
 6 slices bacon, fried, drained, crumbled
 1 egg, beaten
 ¼ cup onion, finely chopped
 ½ cup mushrooms, chopped
 1 tablespoon minced parsley

Heat oven to 375 degrees. Separate dough into two rectangles and place in pan. Make a crust by pressing dough over the bottom and up the sides a bit. Be sure to seal the perforations. Sprinkle cheese over dough. Combine egg, onion, milk, and mushrooms. Pour over cheeses. Sprinkle with bacon and parsley. Bake 22-28 minutes, or until crust is golden brown and egg is done.

Elizabeth Young
 Lancaster Co. Dairy Princess

CINNAMON FLUFF

2 cups flour
 1 cup sugar
 2 tablespoons butter
 1 teaspoon baking powder
 Mix well, add:
 1 cup milk
 Pour mixture into 8x8-inch square pan. Sprinkle top with brown sugar and cinnamon. Dot with butter. Bake at 350 degrees about 20 minutes or until cakes tests done.

Betty Novinger
 Millersburg

SPARKLING RED ROSES

Just before serving, mix 2 bottles (7-ounces each) lemon-lime carbonated beverage and 8-ounce can tomato sauce. Serve over ice. Allow about ½ cup per serving.

Betty Biehl
 Mertztown

FESTIVE EGG SQUARES

1 pound bulk pork sausage, cooked, drained
 4-ounces mushrooms, sliced
 ½ cup sliced green onions with tops
 2 medium tomatoes, chopped
 2 cups shredded mozzarella cheese
 1¼ cup buttermilk baking mix
 12 eggs
 1 cup milk
 ½ teaspoon salt
 ½ teaspoon pepper
 ½ teaspoon dried oregano leaves
 Layer sausage, mushrooms, green onions, tomatoes, and cheese in greased baking dish

13x9x2-inches. Beat remaining ingredients. Pour over sausage mixture. Cook uncovered in 350 degree oven until golden brown and set about 30 minutes. Cut into 12 3-inch squares.

Betty Biehl
 Mertztown

FRUITY BREAKFAST PARFAIT

2 cups chopped fresh pineapple
 1 cup frozen raspberries, thawed
 1 cup low-fat vanilla yogurt
 1 firm, medium banana, peeled, sliced
 ½ cup chopped dates
 ¼ cup sliced almonds, toasted
 In glasses, layer pineapple, raspberries, yogurt, banana, and dates. Sprinkle the top with almonds. Makes 4 servings.

FRUIT 'N BREAKFAST SHAKE

1 very ripe banana, peeled
 ¼ cup pineapple juice
 ½ cup low-fat vanilla yogurt
 ½ cup strawberries, stems removed, rinsed
 Break banana into small pieces and put in blender with pineapple juice, yogurt, and strawberries. Secure lid and blend until smooth. Divide shake between two glasses and serve immediately. Makes 2 servings.

APPLE OATMEAL BRAN MUFFINS

Dry ingredients:
 1½ cups oats
 ½ cup oat bran
 1 cup wheat bran
 ½ cup corn meal
 2 cups flour
 4 teaspoons baking powder
 1 teaspoon baking soda
 1½ teaspoon cinnamon
 ½ teaspoon salt

Wet ingredients:
 3 eggs
 1½ cups brown sugar
 ½ cup butter, melted
 1½ cups milk
 3 cups apples, diced
 Preheat oven to 400 degrees. Grease tins if they're not the non-stick kind. Thoroughly mix dry ingredients in large bowl. Thoroughly mix wet ingredients with fork. Pour the wet into the dry, and mix together until the dry is wet (use wooden spoon). Spoon into muffin tins, bake 30-40 minutes, tops should be nice and brown, and a knife inserted in center should come out clean.



Quick Cinnamon Sticky Buns uses a new product call cinnamon chips. In addition to using in baking recipes, the cinnamon chips can be stirred into hot breakfast cereal, pancake and waffle batters — or any dish where cinnamon flavor adds pizzazz.

FARMER'S BREAKFAST

2 ounces bulk turkey, pork, or Italian sausage
 1 cup frozen hash brown potatoes
 ¼ cup chopped onion OR 1 tablespoons instant minced onion
 6 eggs
 ½ cup milk
 ½ teaspoon salt
 ¼ teaspoon dill weed or snipped parsley

In 10- to 12-inch omelet pan or skillet over medium heat, cook sausage, stirring occasionally, until lightly browned. Remove from pan, drain and set aside. Pour off all but 3 tablespoons drippings. Add potatoes and onion. Cook over medium-high heat, stirring occasionally, until potatoes begin to brown, about 5-7 minutes. Reduce heat to medium. Beat together eggs, milk, salt, and dill weed until blended. Pour over potato mixture. Add reserved sausage. Scramble.

PUFFY PANCAKES OR WAFFLES

1¼ cups all-purpose flour
 1½ tablespoons baking powder
 ¼ teaspoon salt
 4 eggs, separated
 ½ teaspoon cream of tartar
 1½ cups milk
 ½ cup butter, melted
 Butter, optional
 Maple syrup, honey or preserves, optional

In large bowl, stir together flour, baking powder, and salt. Set aside.

In large mixing bowl, beat egg whites with cream of tartar at high speed until stiff but not dry, just until whites no longer slip when bowl is tilted.

In small bowl, beat together egg yolks, milk, and butter until thoroughly blended. Make a well in dry ingredients. Pour in yolk mixture. Stir just until moistened. Batter will be lumpy. Gently, but thoroughly fold flour mixture into whites.

For each pancake, pour about ¼ cup batter onto hot, lightly greased skillet or griddle. Cook

on both sides until golden brown. Serve hot with butter and syrup if desired.

For each waffle, pour about 1 cup batter onto preheated, greas-

ed waffle baker. Bake as directed until steaming stops and lid lifts without resistance, about 5 minutes. Serve hot with butter and syrup, if desired.

Featured Recipe

Since ancient spice traders sailed the seas of the Orient, the aroma and taste of cinnamon have captivated young and old alike. Imported primarily from Indonesia and Vietnam, cinnamon ranks as one of the most popular spice flavors.

The spice is now appearing in a new form — cinnamon chips — a versatile baking chip that's perfect for adding sensational cinnamon flavor to any number of recipes.

While meat stews of the Middle East are enhanced with the flavor of cinnamon, and the French prefer this spice in desserts and fruit composts, here in the United States, we traditionally use cinnamon in baked goods.

Cinnamon chips add spark to the entire spectrum of brunch and breakfast pastries, plus a variety of cakes, cookies, and snacks. Cinnamon chips will soften when baked, but will not become liquid; they will set upon cooling.

Savor the scent of cinnamon all day with this "scentsational" recipe.

QUICK CINNAMON STICKY BUNS

1 cup packed brown sugar, divided
 10 tablespoons butter, softened, divided
 16-ounce package hot roll mix
 2 tablespoons granulated sugar
 1 cup hot water
 1 egg
 1½ cups cinnamon chips

Grease two 9-inch round baking pans. Combine ½ cup brown sugar and 4 tablespoons softened butter in small bowl until smooth; spread one half mixture in bottom of each prepared pan. Set aside.

Combine contents of hot roll mix package, yeast packet and granulated sugar in large bowl. Using spoon, stir in water, 2 tablespoons butter and egg until dough pulls away from sides of bowl. Turn dough onto lightly floured surface. With lightly floured hands, shape into ball. Knead 5 minutes or until smooth, using additional flour if necessary.

To shape: Using lightly floured rolling pan, roll into 15x12-inch rectangle. Spread with remaining 4 tablespoons butter. Sprinkle with remaining ½ cup brown sugar and cinnamon chips, pressing lightly into dough. Starting with 12-inch side, roll tightly as for jelly roll; seal edges. Cut into 1-inch wide slices with floured knife. Arrange six slices, cut side down, in each prepared pan. Cover with towel; let rise in warm place until doubled, about 30 minutes.

Heat oven to 350 degrees. Uncover rolls. Bake 25-30 minutes or until golden brown. Cool 2 minutes in pan; with knife, loosen around edges of pan. Invert onto serving plate. Serve warm or at room temperature. 12 cinnamon buns.

Recipe Topics

If you have recipes for 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. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

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