

Home on the Range

Break For Breakfast

CRUSTLESS BACON And EGG QUICHE

8 strips bacon fried, crumbled
1 1/2 cups milk
1/2 cup biscuit or pancake mix
3 eggs
1/4 cup melted margarine
dash pepper
1 cup cheese shredded

In a blender combine milk, biscuit mix, eggs, margarine, and pepper. Blend for 15-30 seconds. Pour into 9-inch pie pan. Sprinkle bacon and cheese on top gently pressing below surface with fork. Bake 350° for 30 minutes or until done. Let stand 10 minutes. Yields 4-6 servings.

Twila Martin
Waynesboro

STUFFED EGG STRAVAGANZA

Cut 1 large french loaf (or bread of choice) lengthwise and hollow out. Cut extra bread for stuffing and freeze. Spread cavity with 2 tablespoons butter and line with ham slices. In frying pan lightly scramble 8 eggs in 2 tablespoons butter. While still quite moist pile into bread. Top with cheese. Cover with top of bread. Wrap in greased foil and bake at 375° for 15-20 minutes. Cut into thick slices and serve.

Twila Martin
Waynesboro

BANANA-OATMEAL BREAKFAST BRULEE

4 cups (1 quart) fat free milk
2 cups quick-cooking rolled oats
1/4 teaspoon salt
6 tablespoons brown sugar, divided use
1 cup lowfat French vanilla yogurt
2 bananas, thinly sliced

1. Combine the milk, rolled oats, salt, and 2 tablespoons of the brown sugar in a large saucepan and mix well. Bring to a boil over medium heat. Continue to cook, stirring constantly for 1 minute.

2. Spoon 1 cup of the oatmeal into each of 4 au gratin dishes or ovenproof bowls. Press the oatmeal down with the back of a spoon to spread it evenly over the bottom of the dish. Top each serving with 1/4 cup of the yogurt, spreading it evenly over the entire surface. Arrange 1/2 of a sliced banana evenly over the top of each serving and then sprinkle each with 1 tablespoon of the remaining brown sugar.

Arrange the dishes on a baking sheet or in a large baking pan and place under a preheated broiler until the sugar starts to bubble and turn dark, about 1 to 2 minutes. Serve immediately. Makes 4 servings.

National Dairy Council

BANANA BREAKFAST SHAKE

1 1/2 cups fat free milk
1 peeled and sliced medium banana, frozen~
1/2 teaspoon vanilla extract
1/4 teaspoon almond extract, optional
Cinnamon for garnish, optional

1. In a blender container combine all ingredients, except cinnamon.

2. Blend until smooth, about 20 seconds.

3. Pour into glasses and garnish with a sprinkle of ground cinnamon, if desired. Makes 2 servings.

~Wrap sliced banana in plastic wrap or place in a freezer storage bag. Freeze several hours or overnight.

National Dairy Council

SAUSAGE And EGG DELIGHT

1 pound meat, cooked or fried; sausage, ham, bacon, hot-dogs, etc.

6 slices bread, torn to pieces
1 1/4 cup grated cheese
6 eggs
2 cups milk
3/4 teaspoon salt (optional)
1/4 teaspoon pepper (optional)
1 teaspoon dry mustard (optional)
dash of paprika (optional)

Mix all together and pour into 9 x 13-inch greased pan. Bake uncovered at 325° for 40-60 minutes. Do not overbake.

Can be assembled the day before and kept refrigerated until ready to bake.

OATMEAL PANCAKES

1 cup oatmeal
1 cup flour
2 tablespoons sugar
2 teaspoons baking powder
1 teaspoon salt
2 eggs
1 1/2 cup milk
1/4 cup oil
1 teaspoon lemon juice
Mix in order given. Fry in oil in skillet.

CHEDDAR APPLE COFFEE CAKE

WITH MAPLE DRIZZLE
Coffee Cake:
3 cups apples, peeled and chopped
2 cups Cheddar cheese, shredded
1 can (12 ounces) refrigerated flaky biscuits
1/2 cup brown sugar, firmly packed
1/4 teaspoon apple pie spice
1/4 cup pure maple syrup
1 egg, lightly beaten
1/2 cup pecans or walnuts, chopped
Maple Drizzle:



Eggs Ottawa with Canadian bacon and cheese is a visual take on Eggs Benedict created at Delmonica's Hotel in New York. If served with fresh fruit and a muffin, Eggs Ottawa makes a great brunch dish at 400 calories.

1 package (3 ounces) cream cheese, softened
1/3 cup confectioners' sugar
3 tablespoons maple syrup

Preheat oven to 350°F. In a 9-inch square, nonstick baking dish, evenly spread half of the apples and half of the Cheddar cheese over the bottom of the pan. Separate biscuit dough into individual biscuits; cut each biscuit into fourths. Arrange biscuit pieces, pointed ends up, over the apple and cheese mixture. Top evenly with remaining apples and cheese.

In a small mixing bowl, combine brown sugar, apple pie spice, maple syrup and lightly beaten egg, mixing well. Stir in nuts. Spoon mixture evenly over biscuit pieces and apple mixture in pan. Bake for 35 to 45 minutes, or until nicely browned. Cool for 10 minutes.

For maple drizzle, whisk cream cheese, confectioners' sugar and maple syrup to create a consistency that allows easy drizzling. Additional maple syrup may be added if needed. Drizzle over warm coffee cake. Serves 9.

American Dairy Association

CHEESY TREASURE MUFFINS

1 egg, beaten
1 cup milk
1/4 cup butter, melted
1/4 cup sugar
2 cups self-rising cake flour, unsifted
1/4 cup green onions, chopped
4 slices bacon, cooked, drained, and crumbled
1/2 cup Swiss cheese, shredded
1/2 cup sharp Cheddar cheese, shredded

8 ounces Jalapeno Jack or Colby Jack cheese, cut into 3/4-inch cubes

Preheat oven to 400°F. In a bowl, mix egg, milk, butter and sugar. Slowly stir in flour. Fold in the green onions, bacon, Swiss cheese and 1/4 cup Cheddar cheese. Fill muffin compartments 1/3 full. ~ Place one cube of Jalapeno Jack cheese in middle of each

muffin compartment on top of batter. Continue to fill muffin compartments with batter until 2/3 full. Top with remaining Cheddar cheese. Bake muffins for 15 to 20 minutes or until golden brown. Let stand 5 minutes before removing from pan. Serve warm. Makes 10 muffins.

~If necessary, grease before filling.

American Dairy Association

Featured Recipe

Breakfast recipes can be transformed into healthier dishes using flavorful alternatives. Graham Kerr of television cooking fame said that substituting Egg Beaters for whole shell eggs can be used to create breakfast casseroles and omelets.

In your recipes, simply substitute 1/4 cup Egg Beaters for each whole egg.

Despite popular belief that egg alternatives are fake, Egg Beaters contains 99 percent real eggs, but only the best part — the whites. The other one percent consists of vitamins and other nutrients that would otherwise be lost when the yolk is removed.

Here is a recipe using Egg Beaters. If you prefer, substitute shell eggs for the Egg Beaters.

EGGS OTTAWA

1 teaspoon non-aromatic olive oil
4 sliced mushroom caps
2 teaspoons lemon juice
1/2 teaspoon dill weed
1/8 teaspoon ground cayenne pepper
2 teaspoons margarine
1 1/2 cups Egg Beaters OR 6 shell eggs
2 English muffins, split and toasted
4 slices Canadian bacon
8 slices low-fat mozzarella cheese
1 tablespoon finely chopped green onions

Heat oil in a chef's pan on medium heat. Set the mushroom caps in hot pan stem side up. Pour 1/2 teaspoon lemon juice in each one and season with dill weed and cayenne pepper. Cook 6 minutes or until lemon juice starts to steam. Turn and cook one more minute. Remove to a warm plate and cover.

Wipe out the pan and melt margarine on medium high heat. Pour in Egg Beaters and let it start to cook on the bottom without stirring. Egg substitute needs to be handled gently. Slowly push the cooked part of the egg to the center of the pan with a spatula. When it's ready, it will still be slightly runny on the top. Please don't overcook.

Preheat boiler. Place the toasted muffin halves on the rack on a broiler pan. Lay Canadian bacon on the muffin. Cover each muffin with 1/4 of the cooked Egg Beaters, press down firmly to make an even mound. Set the cooked mushrooms, stem side down, on top of the eggs and push down so the egg goes up into the cavity. Top with two slices overlapping mozzarella. Place under broiler 1 1/2 minutes or until cheese is melted and begins to brown. Sprinkle with green onions and serve. Serves 4.

HARVEST CHEDDAR BREAKFAST PIZZA

1 package (15 ounces) refrigerated pie crust
Cooking spray
1 cup ricotta cheese
6 slices bacon, cooked, drained and crumbled
1 1/4 cups apple pie filling
2 tablespoons brown sugar
1/2 teaspoon ground cinnamon

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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.

March

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