

Breakfast



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Banana Yogurt Smoothie With Flax

It makes a sinful "smoothie".

Servings: 1

Ingredients

1 large ripe banana
1/2 cup plain full-fat yogurt
1/4 cup heavy cream
1/4 cup Davinci sugar-free syrup, vanilla flavor
1/4 cup flax meal
6 ice cubes

Procedure

- 1 Blend all ingredients EXCEPT the ice in your blender until smooth.
- 2 Then add the ice and blend.

Better Than Quiche Ricotta Pie

Servings: 12

Ingredients

- 4 large eggs
- 15 oz ricotta cheese
- 2 cup mozzarella cheese, shredded
- 1/4 cup parmesan or romano cheese, grated
- 2 Tbs dried parsley flakes
- 1 small onion, chopped
- 1 Tbs butter, unsalted
- 6 slices thick bacon

Procedure

- 1 Mix the eggs, ricotta, mozzarella, parmesan, and parsley flakes in a medium mixing bowl.
- 2 Cook the onions, in butter, until they become translucent. Add to the egg and cheese mixture.
- 3 Cook the bacon. Drain on a paper towel, crumble, and add to the egg and cheese mixture.
- 4 Pre-heat oven to 325*
- 5 Spray an 8 x 8 glass baking dish with Pam.
- 6 Spoon the mixture into the baking dish. Bake for about 35 to 40 minutes, until the top is a light brown and the "Pie" is firm.

Source

Author: Low Carb Friends Recipe Forum

Brunch Baked Eggs

This recipe was brought to work for one of our mortgage company brunches by one of our loan officers. Jenny made a half-recipe of the dish using basil as the herb. I loved it so much I got her to make a copy of the recipe for me. The recipe appeared in a Holiday Cooking magazine in 1987. -- Jackie Farrell

Servings: 18

Ingredients

6	cups	Monterey Jack cheese, shredded (divided)
12	oz	Mushrooms, sliced
1/2	medium	Onion, chopped
1/4	cup	Sweet red peppers, thinly sliced
1/4	cup	Butter, melted
8	oz	Cooked ham, cut into julienne strips
8	large	Eggs, beaten
1 3/4	cups	Milk
1/2	cup	All-purpose flour
2	Tbs	Snipped fresh chives, basil, tarragon, thyme, or oregano
1	Tbs	Snipped parsley



Procedure

- 1 Sprinkle one-half (3 cups) of the cheese in the bottom of a 13x9x2-inch baking dish.
- 2 In a saucepan, cook the mushrooms, onion and red pepper in the butter until the vegetables are tender but not brown; drain well. Place vegetables on top of cheese.
- 3 Arrange ham strips atop vegetables. Sprinkle remaining 3 cups cheese atop ham. Cover and chill in the refrigerator overnight.
- 4 To serve, combine eggs, milk, flour, chives or selected herb, and parsley. Pour mixture over cheese layer. Bake in a 350 degree oven about 45 minutes. Let stand 10 minutes before cutting.



Crème Brûlée French Toast

Gerry Farrell found this recipe online and recommends it.

Servings: 6

Ingredients

1/2 cup unsalted butter
1 cup brown sugar, packed
2 Tbs corn syrup
1 round loaf country-style bread (8 to 9 inch)
5 large eggs
1 1/2 cups half-and-half
1 tsp vanilla
1 tsp Grand Marnier
1/4 tsp salt

Procedure

- 1 In a small heavy saucepan melt butter with brown sugar and corn syrup over moderate heat, stirring, until smooth and pour into a 13- by 9- by 2-inch baking dish.
- 2 Cut six 1-inch thick slices from center portion of bread, reserving ends for another use, and trim crusts. Arrange bread slices in one layer in baking dish, squeezing them slightly to fit.
- 3 In a bowl whisk together eggs, half-and-half, vanilla, Grand Marnier, and salt until combined well and pour evenly over bread.
- 4 Chill bread mixture, covered, at least 8 hours and up to 1 day.
- 5 Preheat oven to 350° F. and bring bread to room temperature.
- 6 Bake bread mixture, uncovered, in middle of oven until puffed and edges are pale golden, 35 to 40 minutes.
- 7 Serve hot French toast immediately.

Source

Source: epicurious.com

Flax Meal Breakfast With Butter And Maple Syrup

Servings: 1

Ingredients

- 2 Tbs Flax Meal
- 2 Tbs Almond Meal/Flour
- 1/4 tsp Baking Powder
- 1 large Egg
- 2 Tbs DaVinci's Sugar Free Vanilla Syrup
- 1 Tbs Butter
- 2 Tbs Sorbee's Sugar Free Maple Syrup



Procedure

- 1 Stir the flax meal, almond flour and baking powder together in a small mixing bowl.
- 2 Lightly beat the egg in another bowl and stir in the vanilla syrup. Add the dry ingredients to the egg mixture and stir very well.
- 3 Let the mixture rest for about 5 minutes. Stir mixture again and scrape into a microwavable bowl. (I use a wide shallow salad bowl).
- 4 Microwave on high for 2 minutes. Remove bowl from microwave and serve topped with butter and maple syrup.

Fried Egg and Refried Beans on Corn Tortilla

I don't know if this dish has a name, but I love it.

Servings: 1

Ingredients

- 1 corn tortilla
- 1/4 cup refried beans
- 1 large egg
- 1 tsp butter
- salsa or hot sauce, to taste



Procedure

- 1 Warm a corn tortilla in a bit of peanut oil to soften.
- 2 Heat the refried beans.
- 3 Fry egg, sunny side up or over easy, in a bit of butter.
- 4 Top tortilla with beans, egg and salsa or hot sauce.

Ham and Mushroom Omelette

Ingredients

- 1 tsp olive oil
- 1/4 cup mushrooms, sliced
- 1 tsp butter
- 2 large eggs, beaten
- 2 Tbs ham, diced
- 2 Tbs jack cheese, shredded
- 1 green onion, sliced thin



Procedure

- 1 Preheat broiler to 400 degrees.
- 2 Heat the olive oil in a small pan, add the mushrooms and cook until softened. Drain the mushrooms on a paper towel.
- 3 Wipe the pan clean and melt the butter. Add the beaten eggs to the pan and cook until almost set, then add the ham and mushrooms. Top with the jack cheese.
- 4 Move the pan to the oven and cook under the broiler just until the eggs are set and the cheese has melted.
- 5 Remove the omelette from the oven and top with the green onions.

Jalapeno, Sausage and Cheese Scrambled Egg Muffins

These are great reheated in the microwave!

Yield: 6 muffins

Ingredients

- 8 oz Pork Sausage, ground
- 6 large Eggs, lightly beaten
- 4 oz Cheddar or Monterey Jack cheese, shredded
- 2 Tbs Jalapeños, pickled slices, chopped



Procedure

- 1 Cook sausage until lightly browned and crumbly in a medium-hot fry pan. Drain and let cool on a paper towel covered plate.
- 2 In a medium bowl, whisk the eggs. Stir in the cooled sausage, cheese and jalapeños.
- 3 Spray muffin pan with non-stick spray such as Pam. Preheat oven to 350 degrees.
- 4 Spoon mixture evenly into muffin pan cups and bake on middle rack in oven for about 30 minutes or until golden brown and the eggs have set. Begin checking after 25 minutes.
- 5 Remove pan from oven and cool on a wire rack. Use a large spoon to loosen any stuck edges and pop the muffins out of the pan.
- 6 Any leftover muffins can be refrigerated in a ziploc baggie until you are ready to reheat them.

Kale and Smoked Bacon Quiche

Servings: 4

Ingredients

- 1 bunch green kale, roughly chopped
- 3 slices smoked bacon, thin
- 1 medium white onion, diced
- 1 Tbs olive oil
- 3/4 cup parmesan, grated
- 5 large eggs
- 3/4 cup whole milk
- 1/2 cup whipping cream
- 1 tsp sea salt
- 1/2 tsp freshly ground black pepper
- 1 sheet pie dough



Procedure

- 1 Preheat the oven to 450 degrees.
- 2 Butter the pie tin and press the pie pastry along the base and up the sides. Brush the pastry with a little olive oil. Set aside.
- 3 Heat the remaining olive oil in a fry pan over medium heat and sauté the onions until they are slightly browned. Add the kale and fry for about 3 minutes or until it has wilted slightly. Remove from heat and set aside.
- 4 Fry the bacon strips until they are a little crispy. Remove and drain on paper towels.
- 5 Next, spread the bacon, kale and onion over the base of the pie shell.
- 6 Beat the eggs and mix in the milk, cream, Parmesan, salt and pepper. Blend well and pour into pie shell.
- 7 Bake for 15 minutes in the preheated oven at 450 degrees.
- 8 Lower the oven temperature to 350 degrees and bake for another 10-15 minutes or until the centre of the quiche is almost firm.
- 9 Remove the quiche from the oven and let it stand for about 10 minutes before slicing.



Source

Source: <http://allthingsnice.typepad.com/tastebuddies/2007/12/post.html>

Mushroom and Spinach Omelette

Servings: 2

Ingredients

- 4 oz mushrooms, sliced
- 1/2 cup fresh spinach, packed
- 1 tsp canola oil
- 3 Tbs unsalted butter (divided)
- 2 Tbs onion, minced
- 4 large eggs
- 1 Tbs grated parmesan cheese
- 1/4 tsp salt
- 1/4 tsp oregano, dried
- 1/8 tsp ground black pepper



Procedure

- 1 Rinse, pat dry and slice mushrooms (makes about 1 1/4 cups); set aside.
- 2 Cook spinach in oil in a medium-hot oven-proof skillet until well wilted. Remove spinach from skillet, drain, and chop. Set aside.
- 3 In skillet, melt 1 Tbs butter. Add mushrooms and onion; sauté until golden, about 5 minutes; remove from skillet.
- 4 In a mixing bowl combine eggs, salt, oregano and pepper.
- 5 In skillet, melt remaining 2 Tbs butter. Pour in egg mixture. Cook over moderate heat letting uncooked egg run under the cooked portion.
- 6 When almost set, top with mushroom mixture and spinach. Sprinkle with parmesan cheese.
- 7 Place skillet under a preheated moderately hot broiler until top of omelette is set. Turn out onto a plate and serve.

Poached Egg on Toasted English Muffin

I had a craving, so I made this beautiful poached egg, placed it on a lightly toasted and buttered English muffin, sprinkled it with pepper and stabbed it with a fork. Craving satisfied!

Ingredients

- 2 large eggs
- 1/4 cup white vinegar
- 1 English muffin, fork split
- 2 Tbs butter



Procedure

- 1 Add plenty of water, the deeper the better, to a deep pot and bring the water to a boil.
- 2 Crack your eggs on a flat surface and put each into a small bowl with a handle.
- 3 When the water is boiling, add the vinegar to the boiling water and move the pot to an unheated burner.
- 4 Gently slide each egg into the pot so that they are not touching each other.
- 5 With a slotted spoon, gently lift the eggs from the bottom of the pot to keep them from sticking.
- 6 Begin toasting your English muffin.
- 7 The eggs should be ready to remove from the water when the white has set, about 2 1/2 to 3 minutes.
- 8 Use the slotted spoon to remove the eggs from the water and place each on a paper towel to wick away excess moisture.
- 9 Butter your toast and place an egg on each half.

Sausage and Potato Breakfast Tacos

Servings: 12

Ingredients

8 oz ground pork sausage
1/4 cup pico de gallo
3 small russet potatoes
5 large eggs
12 small flour tortillas
1/2 cup cheddar or Monterrey jack cheese, shredded, for garnish
1/4 cup salsa, for garnish

Procedure

- 1 Brown the sausage in a skillet, drain on paper towels and crumble.
- 2 Add pico de gallo to the crumbled sausage and mix well. Set aside and keep warm.
- 3 Peel, dice and fry the potatoes in vegetable oil. Drain on paper towels when nicely browned and fork tender. Set aside and keep warm.
- 4 Beat the eggs and set aside.
- 5 Preheat a large skillet over medium heat, then add the sausage mixture and browned potatoes and mix well.
- 6 Pour the beaten eggs over the sausage and potatoes and cook until the eggs are set, stirring often.
- 7 Add the finished mix to flour tortillas and serve with the shredded cheese and salsa.

Sausage, Egg, and Cheese Biscuit

Ingredients

- 1 sausage patty, precooked
- 1 egg, beaten
- 1 American cheese slice
- 1 buttermilk biscuit
- ground black pepper, to taste



Procedure

- 1 Fry the sausage patty until heated through. Drain on paper toweling.
- 2 Scramble beaten egg until set.
- 3 Slice or pull apart biscuit and top with sausage, egg, and cheese. Add pepper, to taste.

Savory Texas-style "Kolaches"

At their best warm out of the oven but can be frozen and then gently reheated.

Servings: 24

Ingredients

2 1/4	tsp	active dry yeast (1 package)
1	cup	warm milk (about 115F)
1/4	cup	granulated sugar
3 to 4	cups	all-purpose flour, 120 grams/cup (divided use)
2	large	eggs
3/4	cup	melted butter (divided use)
1	tsp	table salt
24	2-inch	sausage links
1/2	cup	shredded cheddar cheese
12		pickled jalapeno slices, diced
3	Tbs	olive oil, for oiling rising bowl and sheet pans



Procedure

- 1 Combine yeast, warm milk, sugar and one cup of the flour in bowl of stand mixer with a wire whisk. Cover with plastic wrap and let it rise in warm place, like microwave, until bubbly and double in size.



- 2 When the yeast mixture has doubled, lightly beat together the eggs, 1/2 cup of the melted (but not hot) butter and salt in a medium bowl. Add this mixture to the yeast mixture and mix (stir speed 2 on Kitchen Aid stand mixer) with the paddle until the dough mix is smooth.
- 3 Change to the dough hook and add flour (1/2 cup at a time) to the dough mix. Knead (stir speed 2) after each addition and continue until the dough pulls away from the sides and just sticks at the bottom of the bowl. Depending on humidity, etc, you may only use 2 cups or up to all 3 cups of flour.
- 4 Put dough on a lightly floured surface and knead dough for about a minute to form a smooth ball.
- 5 Put dough ball in a lightly oiled bowl, rolling dough to cover with a thin film of oil and let rise, covered with plastic wrap, in a warm place for about an hour, until doubled.



- 6 After dough has doubled, divide into two equal pieces, place each in its own lightly oiled ziploc baggie and put them in the refrigerator to hold until you are ready to make your kolaches.
- 7 One hour before you are ready to make your kolaches, remove the piece you want to cook to allow it to come up to room temperature. Then, turn it out onto your work surface and lightly punch it down. Divide the dough into 12 equal size pieces with a knife or pastry scraper.

8 Working with one piece of dough at a time, flattened the piece into a rectangle about 3 inches by 4 inches, sprinkle with a large pinch of cheese, half a dozen diced jalapeno pieces, and top with a sausage link. Roll it up like a little burrito, being sure to pinch all the edges to seal the filling inside.



9 Place each filled piece on an olive oil greased sheet pan. Leave about an inch between each piece. When the pan is full, brush the pieces with melted butter, cover with waxed paper and a kitchen towel. Let rise again for another half-hour to an hour, until well puffed up and almost touching each other.



10 Bake in oven at 375 degrees for 12 to 15 minutes, until light golden in color. Best served warm.



Source

Author: Adapted from the Kolache recipe on the Homesick Texan's Blog by Jackie Farrell

Scrambled Eggs and Matzo - Matzo Brei

I remember having this for breakfast when I was staying at the Fisher's home during the summer of 1972, although I didn't know it was called Matzo Brei until recently.

Ingredients

- 2 large Eggs
- Warm water, to soak matzo
- 1 to 2 pieces Matzo, to taste
- Schmaltz or Butter
- Kosher Salt
- Ground Black Pepper



Procedure

- 1 Scramble eggs in a large bowl.
- 2 Add warm water to a small bowl. Break matzo into bowl and allow to soak until the matzo is soft, but not mushy, just a minute or two. Drain off water.
- 3 Fold egg and matzo together and allow to soak while heating a non-stick frying pan with schmaltz or butter.
- 4 Add egg and matzo to pan while stirring. Every few seconds fold matzo around in pan, to keep it scrambled. To form a pancake, simply don't move the matzo, and press it to the shape of the pan.
- 5 When mostly dry (but not completely), remove to plate and season generously with kosher salt and lots of freshly ground black pepper.

Scrambled Eggs with Bacon and Scallions

I watched Tony Bourdain make something very like this on The Layover, L.A. episode.

Ingredients

- 1 handful thin bacon, chopped (2 or 3 slices)
- 1 handful scallions, thinly sliced
- 1 tsp butter
- 3 large eggs, beaten
- 1 Tbs sour cream



Procedure

- 1 Fry the chopped bacon in a medium skillet until brown and crispy.
- 2 Add the handful of chopped scallions to the skillet and stir.
- 3 Add the butter to the skillet and stir.
- 4 Add the beaten eggs to the skillet and stir constantly.
- 5 When the egg begins to form curds, add the sour cream and continue to stir.
- 6 Remove the eggs from the skillet when they are done to your liking.

Shirred Eggs

Servings: 2

Ingredients

- 1/2 tsp unsalted butter
- 2 thin ham slices, about 1/2-oz each (or diced ham)
- 4 large eggs
- salt, to taste
- ground black pepper, to taste
- 4 Tbs heavy cream
- 4 Tbs three cheese mix (such as Swiss, asiago and provolone), shredded
- 1 tsp parsley leaves, chopped
- 1/2 tsp fresh chives, chopped



Procedure

- 1 Heat oven to 350 degrees F.
- 2 Butter two (6-ounce) ramekins with the butter and lay one slice of ham in each ramekin so that it sits flat on the bottom, with the excess coming evenly up the sides.
- 3 Crack two eggs into separate small cups and pour the eggs simultaneously into a ramekin so that the eggs sit side by side on top of the ham. Season lightly with salt and pepper. Repeat with remaining eggs and ramekin.
- 4 Place the filled ramekins onto a baking sheet and transfer to the oven.



- 5 Bake until eggs are just beginning to set up and become opaque, 9 to 10 minutes.
- 6 Remove baking sheet from the oven and drizzle each ramekin with 2 tablespoons of the heavy cream and then sprinkle 2 tablespoons of the cheese over the top of each. Sprinkle the parsley and chives over the ramekins and then return to the oven.



- 7 Cook until eggs are just set up but yolks are still runny, 9 to 10 minutes, or to desired degree of doneness.
- 8 Remove from the oven and serve immediately.

Spicy Sausage and Cheese No-Crust Quiche

Servings: 6

Ingredients

- 8 oz Pork Sausage
- 4 large Eggs, lightly beaten
- 3/4 cup Heavy whipping cream
- 4 oz Shredded cheese (Cheddar and/or Monterrey Jack)
- 2 Tbs Jalapeño slices, chopped

Procedure

- 1 Cook sausage until lightly browned and crumbly in a medium-hot fry pan. Drain and let cool on a paper towel covered plate.
- 2 In a medium bowl, mix together eggs and cream. Stir in cheese and chopped jalapeños.
- 3 Preheat oven to 325 degrees.
- 4 Spray glass pie plate or similar baking dish with non-stick spray such as Pam.
- 5 Spread crumbled sausage on bottom of prepared baking dish.
- 6 Pour egg mixture over sausage.
- 7 Place dish on a cookie sheet and bake on middle rack in oven for about 45 minutes. Begin checking after 40 minutes.
- 8 The quiche is done when the top is fully set. Remove from oven and let rest for 10 minutes before slicing.

Spinach Omelette with Garlic and Feta

Servings: 2

Ingredients

- 1 Tbs Bacon Drippings
- 2 - 4 cloves Garlic, chopped (to taste)
- 5 oz Baby Spinach
- 4 large Eggs, beaten
- 1 - 2 Tbs Parmesan, grated
- 1 oz Feta Cheese, crumbled (see Cooking Tips)



Procedure

- 1 Heat non-stick skillet to medium.
- 2 Add bacon drippings and garlic and sauté until garlic is tender.
- 3 Add spinach and sauté until well wilted.
- 4 Add beaten egg and cook until just set.
- 5 Sprinkle with parmesan and feta crumbles and place skillet under pre-heated moderate broiler just until cheese melts.

Recipe Tips

Highly recommend Eden Pastures Sheep's Milk Feta. Available at Trader Joe's.

Source

Author: Kerry Zimmerman and Rich Farrell