

## **\*Croissant Egg Bake**

Serves 4

Notes: 8-9 eggs serve 4 adults; 12 eggs serve 6-8

2 stale croissants split lengthwise and halved

6 ounces breakfast sausage (Jimmy Dean), cooked, drained on paper towels and crumbled

Optional single layers of fresh baby

spinach, sauteed mushrooms

6 slices of Jarlsberg cheese

8 to 9 eggs

1/4 cups milk or cream (for 8 eggs)

black pepper

NO SALT

Blend eggs, milk and pepper. Butter 9x13-inch baking dish. Layer sausage, (spinach, mushrooms) then croissants. Pour in egg mixture. Cover and refrigerate overnight.

Bake 350-degrees, uncovered, in oven for 30 minutes and an additional 30 seconds in microwave until the center of the egg bake is just firm to the touch, or

until 165 to 185-degrees. Top with cheese for the last 5 minutes. If you're in a hurry use microwave to finish off. If desired, quickly broil to brown top.

## Oatmeal Cereal

Serves 4-6

6 cups water

1 teaspoon s

alt

4 cups oatmeal

butter

brown sugar

raisins or chopped dried fruits, plumped

whole milk

Add salt and 3 cups oatmeal to boiling water. Cook stirring for 4 minutes. Remove from heat; add 1 cup oatmeal and cover 3 minutes. Season with butter, sugar and dried fruit. Serve milk in pitcher.

## **\*Eggs Hussar**

One serving

2 eggs, poached

2 squares of cornbread, sliced, lightly toasted and buttered

2 thin slices Canadian bacon or Black Forest ham

2 tablespoons spicy ketchup or chili sauce

2 tablespoons Hollandaise (see Sauces) or Honey Mustard salad dressing

parsley

Assemble in following order: Cornbread, bacon, spicy ketchup, egg, Hollandaise, parsley.

## Huevos Rancheros

Serves 2

1 teaspoon salad oil

1/3 onion, chopped

1/3 green bell pepper, chopped

1 garlic clove, mashed

2/3 of 16 ounces can peeled tomatoes

chopped with juice

green chili

1/2 teaspoon salt

dash pepper

1/2 teaspoon chili powder

1/2 teaspoon oregano

1/4 teaspoon cumin

2 tablespoons cilantro

red wine to thin sauce

2-4 eggs at room temp

1/2 cup Jack cheese, grated

2-4 corn tortillas, hot

Jalapeno sauce

Sauté onions, pepper, and garlic in large skillet. Add next 10 ingredients and simmer 20 minutes. Carefully place eggs on top of sauce making little depression for each egg. Sprinkle cheese over top. Cover and cook 2-3 minutes until cheese

melted and eggs turn white. Serve each egg on top of hot tortilla. Spoon additional sauce over top of each serving.

## Yogurt with Two Toppings

Serves 4

1 quart Greek yogurt

### Fresh Fruit Topping:

1 pint strawberries, sliced

1 16 ounce can Mandarin oranges

frozen wild blueberries

honey

### Honey-Fig Topping with Vanilla and Cinnamon:

5 ounces dried figs, stemmed and quartered

¼ cup honey

¼ cup water

½ teaspoon vanilla

½ teaspoon ground cinnamon

Bring figs, honey, water, vanilla and cinnamon to a simmer in a small saucepan over medium-high heat. Cook until the liquid reduces, about 4 minutes.

## Puffed Apple Pancake

Serves 4 to 6

Louise Weiss

6 eggs

1-1/4 cups milk

1 cup flour

3 tablespoons sugar

1 teaspoon vanilla

1 teaspoon baking powder

1/2 teaspoon salt

1/4 teaspoon cinnamon

Pam non-stick spray

1/2 cup butter

2 apples, peeled and thinly sliced

3 tablespoons brown sugar

Preheat oven 425-degrees. In blender mix first 8 ingredients. Butter sides of 13x 9-inch baking dish. Melt butter in dish. Arrange apple slices in dish. Microwave until butter sizzles, about 10 minutes. Do not let butter brown. Pour batter over apples. Sprinkle with brown sugar.

Bake in middle of oven for approximately 15 to 20 minutes or until puffed and brown. Serve immediately.



## **Buckwheat Waffle Batter**

Serves 2

### Wisk the following:

- 1 egg
- 1 tablespoon corn oil
- 1 cup + buttermilk
- 1 tablespoon honey

### Combine and lightly stir in liquid above:

- ¼ cup buckwheat flour
- ¼ cup cornmeal
- ½ cup white flour
- 1 ½ teaspoon baking powder
- ¼ salt

## \* Challah French Toast

Serves 4, about 8 pieces

Kangaroo House, Orcas Island

½ loaf Challah

4 eggs, slightly beaten

1 ¼ cups half & half

2 ½ tablespoons rum

¾ tablespoon orange zest

2 ½ tablespoons sugar

¼+ teaspoon cinnamon

¼+ teaspoon nutmeg

corn flake cereal

butter

powdered sugar

maple syrup

Slice Challah into ¾-inch pieces. Place corn flakes in sealed plastic bag and crush moderately with a rolling pin; about 3 cups. Pour in 8-inch square pan. Set aside.

Whisk together eggs, half & half, rum, orange zest, sugar and spices. Dip Challah slices in egg mixture and arrange on rimmed baking sheet. Pour over remaining egg mixture (may need more). Let sit 10-15 minutes, turning halfway to absorb

liquid. Press in corn flakes. Sauté in melted butter until crispy and golden brown. Place Challah pieces on wire racks on top of baking sheets. Place in preheated 250-degree oven to keep warm. Before serving, dust with powdered sugar.

## **\*Vegetable Frittata**

Serves 2-3

Cook's

½ cup chopped onion  
2/3 cup chopped green bell pepper  
1 tablespoon butter  
1 tablespoon olive oil  
1 ½ cups chopped zucchini  
optional: baby spinach

2 small garlic cloves, minced  
½ teaspoon salt  
pepper  
¼ cup chopped tomato  
6 large eggs  
Mexican shredded cheese

In oven-safe skillet over medium-high heat, sauté onion with bell pepper in butter and olive oil, stirring for 4 minutes. Add zucchini; continue cooking for 4 minutes. Add garlic, salt, tomato and pepper; reduce heat to low simmer for 5 minutes.

Meanwhile, slightly beat eggs. Fold into vegetable mixture and continue to cook for 5 minutes or until the underside is set.

Preheat oven to 400-degrees, place skillet in oven for 3 to 5 minutes, or until puffed and golden. Add cheese and bake until melted, about 1 to 2 minutes.

## **Eggs Versailles**

Serves 1

Commander's Palace, Las Vegas

1 thick biscuit

Nova Scotia salmon

2 soft poached eggs

Hollandaise sauce

Garnish: black caviar, thin sprouts

Halve biscuit and toast; spread with butter. Layer salmon, eggs, Hollandaise atop each biscuit half. Garnish with caviar and thin sprouts.

## **Breakfast Cookies**

Makes about two dozen cookies

*Oregonian*

½ cup toasted whole almonds, chopped by hand

½ cup orange flavored cranberries

½ cup chopped dried dates

1 ½ cup old-fashioned oatmeal, uncooked

1 ½ cups bran flakes, milled (not breakfast cereal)

½ cup whole-wheat flour

½ cup Grape-Nuts cereal

1 teaspoon baking soda

½ teaspoon salt

½ cup (1 stick) plus 2 tablespoons unsalted butter, at room temperature

½ cup firmly packed dark brown sugar

1 orange or tangerine, finely grated

1 egg, at room temperature

2 teaspoons vanilla

Preheat oven to 325-degrees (full convection). Line two baking sheets with parchment paper and set aside.

In a small bowl, mix together the almonds, cranberries and dates. In a medium bowl, whisk together oatmeal, bran flakes, whole-wheat flour, Grape-Nuts, baking soda and salt.

In a stand mixer on low speed, beat the butter and brown sugar until well blended, scraping down the sides and bottom of the bowl at least once. On medium speed, beat in the orange zest, followed by the egg and vanilla until well blended, scraping down the sides and bottom of the bowl as necessary. Slowly add the oat mixture, beating on low until blended. Remove the bowl from the mixer and stir in the almond mixture by hand. The dough will be moist and clumpy.

Using a tablespoon measure, scoop the dough into rounded balls. Arrange on the prepared baking sheet, 2 ½-inches apart. Bake for 15 to 20 minutes or until golden brown. Let cool for 5 minutes on the baking sheets before transferring to a rack to cool completely. Repeat with remaining dough.



## **Silicon Egg Poacher**

Coat inside of shells with Pam. Break eggs inside.

Bring 2-3 inches of water to boil in a medium deep saucepan. Gently float shell in boiling water. Reduce heat to medium. Cover tightly with lid. Fast simmer eggs 4 to 5 to 6 minutes for large cups, 3 to 4 minutes for small cups.

## **\*Tuscan Frittata Affogata**

Serves 4 as a Main Course

Williams Sonoma

10 eggs

½ cup shredded pecorino Romano or imported provolone cheese

salt and pepper to taste

olive oil

8 to 12 ounces mild Italian sausage, casings removed

1 small yellow onion,, cut into ¼” slices

1 red bell pepper, cut into ½” slices

1 cup chili sauce

6 ounces fresh mozzarella cheese, sliced

6-8 fresh basil leaves, thinly sliced

Preheat broiler. Whisk together eggs, Romano or provolone, salt and pepper. Add 1 tablespoon olive to a deep frittata pan over medium-high heat. Saute sausage until no longer pink, about 6 minutes. Transfer to separate bowl. Saute

onion and bell pepper until tender, about 10 minutes. Add to the sausage bowl. Clean out pan and heat 1 tablespoon oil over medium heat. Add egg mixture, sausage and vegetables. Use a spatula to lift cooked edges and allow uncooked eggs to flow underneath, 2 to 3 minutes; then cook 4 to 6 minutes more.

Place a plate upside down on top of deep pan; flip frittata onto the plate and then transfer to the pan. Cook covered 2-3 minutes. Uncover pan. Pour chili sauce onto center of frittata and gently spread to edges. Arrange mozzarella slices on top. Broil frittata 3 to 5 minutes or until cheese is slightly brown. Sprinkle with basil and serve.

Oven Method: Spray a glass baking dish with Pam. Add cooked sausage, onion and pepper. Pour in egg mixture. Bake or microwave until eggs are set. Add chili sauce and mozzarella. Broil, add basil and serve.

## **Diana's Friche**

1- 9" quiche, Serves 6

1 9" Pre-baked American pie dough shell or frozen shell

5 ounces cubed ham-1/4" cubed

1 to 2 tablespoons bacon fat

2 med leeks, thinly sliced and rinsed

1 1/2 - 2 cups fresh spinach, shredded

1 small clove garlic, minced

pepper, no salt

1/2 cup shredded Jarlsberg Swiss cheese

6 to 8 eggs

Add bacon fat to skillet and sauté leeks until soft. Add garlic and sauté one minute. Add spinach and cook for one minute, or until slightly limp. Let cool

slightly. Mix in ham. Add salt and pepper to taste. Add cooled mixture to pie shell. Top with shredded cheese.

In blender, mix eggs; pour over filling.

Bake in preheated 375-degree oven for 20? minutes (160-degrees) on center shelf. Cover lightly with foil and cook an additional 15 minutes or until firmly set.

## **Beth's Southwest Breakfast Frittata**

Serves 2

¼ pound chorizo sausage, cooked  
2 teaspoons cooking oil  
2 green onions, thinly sliced  
¼ cup red bell pepper, diced  
½ jalapeno pepper, diced  
2 tablespoons diced green chilies,  
drained

4 eggs  
3 tablespoons half & half  
salt and pepper to taste  
½ cup shredded Mexican blend  
cheese  
garnish: salsa, sour cream

Preheat oven to 400-degrees. Heat oil in non-stick, oven-proof skillet. Place sausage, onions, bell pepper, jalapeno and green chilies into skillet and heat 5 minutes. Beat together eggs, half & half, salt and pepper; pour into skillet. Cook by pushing eggs to center of skillet with a spatula. When eggs are almost set, sprinkle with cheese and place skillet in oven. Bake 10 minutes or until cheese is melted and eggs are set. Run a spatula around edges and under frittata to

remove from skillet. Slide onto a serving plate and garnish with salsa and sour cream.

## Oat Waffles

Serves 2

Alton Brown

2  $\frac{3}{4}$  ounces old fashioned rolled oats

2 ounces all-purpose flour

1  $\frac{1}{2}$  tablespoons sugar

$\frac{1}{2}$  teaspoon baking powder

$\frac{1}{2}$  teaspoon kosher salt

$\frac{1}{4}$  teaspoon baking soda

1 large eggs, beaten

2 tablespoons unsalted butter, melted and slightly cooled

1 cup buttermilk at room temperature

Heat a 10-inch sauté pan over medium heat. Add the oats and cook, stirring occasionally, until toasted, about 3 minutes. Cool the oats in the pan for 2 to 3 minutes. Grind the toasted oats in a food processor until the consistency of whole-wheat flour, about 3 minutes.



Heat a waffle iron according to manufacturer's directions.

Whisk together the toasted oat flour, all-purpose flour, sugar, baking powder, salt, and baking soda in a medium bowl. Whisk the eggs and melted butter together in another bowl, then add the buttermilk. Add the wet ingredients to the dry and stir until combined. Rest the batter for 5 minutes. Ladle the recommended amount of waffle batter into the hot iron. Close the iron top and cook until the waffle is golden on both sides and is easily removed from the iron. Repeat with remaining batter. Serve immediately or keep warm in a preheated 200 degree F oven until ready to serve.

## Breakfast Burritos

Serves 6

1 tablespoon olive oil

1 ½ cups black beans , drained and rinsed

1 medium red onion, finely chopped

1 large garlic clove, minced

1 red pepper, minced

optional: 1 cup baby spinach leaves

salt and pepper

1 tablespoon butter

12 large eggs, whisked+ with 1 teaspoon salt

1 cup shredded Mexican cheese mix

¼ pound bacon, cooked and crumbled

6 large burritos

hot sauce

Simple: beans, onions, eggs, cheese, Cholula

Sauté onion and pepper until translucent, about 5 minutes. Add garlic, beans (and optional spinach) and sauté 30 seconds. Lightly mash. Season with salt and pepper to taste. Set aside.

Melt butter in non-stick skillet. Add eggs and stir until cooked but still wet.

Lay out burritos. For each burrito, spoon down the center-in order-bean mixture, eggs, cheese, bacon, hot sauce. Roll over the top and bottom, then roll tightly from one side. Microwave 1 minute to reheat.

## Denver Omelet Cups

Makes 6 one-egg servings

Pam	½ small red onion, diced small
4 cups hash browns	1 small red bell pepper, diced small
4 teaspoons butter, melted	4 ounces ham steak, diced small
2 egg whites, whisked	¾ cup grated cheddar cheese
kosher salt and pepper	6 eggs

Preheat oven to 475-degrees. Spray 6 nonstick jumbo muffin cups with Pam. Combine hash browns, butter and egg whites. Season with salt and pepper; mix well. Place ½ cup mixture into each muffin cup, firmly pressing into bottom and up side of each cup. Bake 15 minutes.

Meanwhile, sauté onion, bell pepper and ham until onion is softened, about 7 minutes. Season lightly with salt and pepper. Divide vegetables mixture evenly among cups and top with cheddar cheese. Bake 2 minutes. Crack 1 egg into each cup. Season with salt and pepper and bake until whites are set but yolks are still

runny, about 7-8 minutes. With a small offset spatula or knife, remove cups and serve immediately.

## Hash Brown Pancetta Casserole

Serves 4

½ large onion, finely chopped  
½ tablespoon olive oil  
1 garlic clove, minced  
½ package (10-ounces) frozen  
chopped spinach, thawed and  
squeezed dry  
¼ cup minced roasted red pepper,  
dried on paper towels  
pinch salt  
pinch pepper  
4 ounces sliced pancetta, torn into 1-  
inch pieces

2 to 2-1/2 cups cooked hash brown  
potatoes  
6 eggs  
1 cup milk  
2 ounces shredded fontina cheese,  
divided  
2 ounces shredded cheddar, divided  
1 tablespoon Worcestershire sauce  
½ teaspoon ground mustard  
pinch nutmeg

In large skillet, sauté onion in oil until tender. Add garlic and cook 1 minute longer. Stir in spinach, red pepper, salt and pepper. Remove from heat.

In another skillet, cook pancetta over medium heat until crisp. Drain on paper towels.

In greased 8-inch square baking dish, layer hash browns, spinach mixture, pancetta. In large bowl, whisk eggs, milk, 1 ounce fontina, 1 ounce cheddar, Worcestershire sauce, mustard and nutmeg; pour over casserole. Sprinkle with remaining cheese. (You can cover and refrigerate overnight.) Bake, uncovered, at 350 for 45 minutes or until knife inserted near center comes out clean. (Or, finish cooking in microwave on high for 2-3 minutes until set.) Let stand for 10 minutes before cutting.

## Sqirl Toast

Sqirl Restaurant, LA

Brioche, about 2 (3/4 to 1-inch thick) pieces per person. One small loaf serves about 2 people.

whole milk ricotta

jam, raspberry, blackberry or blueberry

Toast brioche until it just begins to smoke. Remove from toaster and fan until crisp. Spread ricotta thickly and smooth to the edges of the toast. Spread about 1 heaping teaspoon jam over the ricotta. Serve.



## **Baked Eggs Skillet with Avocado and Spicy Tomatoes**

Serves 2 (South Beach Diet, Phase 1)

2 (10 ounce) cans Ro-Tel tomatoes

1 sliced avocado, tossed with lemon juice

salt and pepper

4 eggs at room temperature

Cholula

Sauté tomatoes in 10-inch skillet until most of the liquid has evaporated, about 4 to 5 minutes. Turn the heat to low and arrange avocado slices like spokes of a wheel in the pan. Gently put each egg between avocado slices. Season to taste with salt and pepper. Cover and cook until eggs are done to your liking, 10 to 12 minutes for runny yolks. Serve with Cholula.

## Cherry Clafouti

Serves 4 to 6

Cook's Illustrated

Note: After cherries are prepped, the recipe takes 45 minutes

1 1/2 pounds fresh, red, sweet  
cherries, pitted and halved

1 teaspoon lemon juice

2 teaspoons all-purpose flour, plus

1/2 cup (2 1/2 ounces)

1/8 teaspoon ground cinnamon

4 large eggs

2/3 cup (4 2/3 ounces) plus 2  
teaspoons sugar

2 1/2 teaspoons vanilla extract

1/4 teaspoon salt

1 cup cream

2/3 cup whole milk

1 tablespoon unsalted butter

5% yogurt

1. Adjust oven racks to lowest and upper-middle positions; place 12-inch cast iron skillet on lower rack and heat oven to 425 degrees. Line rimmed baking sheet with aluminum foil and place cherries, cut side up, on sheet. Roast cherries on upper rack until just tender and cut sides look dry, about 15 minutes. Transfer

cherries to medium bowl, toss with lemon juice, and let cool for 5 minutes. Combine 2 teaspoons flour and cinnamon in small bowl; dust flour mixture evenly over cherries and toss to coat thoroughly.

2. Meanwhile, whisk eggs,  $\frac{2}{3}$  cup sugar, vanilla, and salt in large bowl until smooth and pale, about 1 minute. Whisk in remaining  $\frac{1}{2}$  cup flour until smooth. Whisk in cream and milk until incorporated.

3. Remove skillet (skillet handle will be hot) from oven and set on wire rack. Add butter and swirl to coat bottom and sides of skillet (butter will melt and brown quickly). Pour batter into skillet and arrange cherries evenly on top (some will sink). Transfer skillet to lower rack and bake until clafouti puffs and turns golden brown (edges will be dark brown) and center registers 195 degrees, 18 minutes, rotating skillet halfway through baking. Transfer skillet to wire rack and let cool for 15 to 20 minutes. Slice into wedges and serve with a dollop of yogurt.

## **Overnight Oat Sensation**

Serves 1

Add 1/2 cup milk to 1/2 cup uncooked Old Fashioned Oats; optional brown sugar  
Layer on favorite fruit (plumped raisins), nuts, yogurt  
Chill overnight.

## Individual Breakfast Fruit Trifles

garnish: rosemary sprigs  
brioche, sponge cake, biscuits, pound  
cake, oatmeal soaked overnight, or  
granola  
orange marmalade or berry jam  
yogurt, full fat thinned with milk

Splenda or sugar  
optional vanilla or almond extract  
fresh fruit : coarsely chopped if  
pieces are large. no raspberries  
tall wide glasses

Sugared Rosemary: Bring 1/2 cup water and 1 1/2 tablespoons sugar to boil. Let cool. Pour some sugar into saucer. Dip rosemary sprigs into sugar water and shake off excess. Roll sprigs in sugar and shake off excess.

Brioche: Cut brioche 1-inch thick and toast. Spread with orange marmelade. Cut into 1-inch cubes.

Yogurt: Sweetened to taste and stir in flavoring if desired. Thin somewhat with milk.

Assembly: Layer in order: brioche, fruit and yogurt. Repeat with yogurt on top. Garnish with sugar-coated rosemary sprig.

## Overnight Baked Cream Cheese French Toast Casserole

Serves 8

Notes: If over 12 ounces use more milk-egg mixture. Half recipe serves 4 in 8 by 8-inch baking dish. Bake for 45 minutes for a crispy top. Newport over: Set dish over baking sheet.

1 (12-14 ounce) loaf day-old challah  
or brioche

8 ounces full-fat, brick-style cream  
cheese, softened to room

temperature

2 tablespoons confectioners' sugar

3 teaspoons vanilla extract, divided

9 large eggs

2 1/2 cups whole milk

3/4 teaspoon ground cinnamon

2/3 cup packed light brown sugar

### Streusel Topping:

1/3 cup packed light brown sugar

1/3 cup all-purpose flour

1/2 teaspoon ground cinnamon

6 tablespoons unsalted butter, cold  
and cubed

Grease a 9x13 pan with butter or spray with nonstick spray. Slice then cut the bread into cubes, about 1 inch in size. Spread half of the cubes into the prepared

baking pan. Using a handheld or stand mixer fitted with a whisk attachment, beat the room temperature cream cheese on medium-high speed until completely smooth. Beat in the confectioners' sugar and 1/4 teaspoon vanilla extract until combined. Drop random spoonfuls of cream cheese mixture on top of the bread. Layer the remaining bread cubes on top of cream cheese. Set aside.

Whisk the eggs, milk, cinnamon, brown sugar, and remaining vanilla together until no brown sugar lumps remain. Pour over the bread. Cover the pan tightly with plastic wrap and refrigerate overnight.

Streusel Topping: Whisk the brown sugar, flour, and cinnamon together in a medium bowl. Cut in the cubed butter with a pastry blender or two forks. Sprinkle the topping over the soaked bread.

Preheat oven to 350-degrees. Bake for 45-55 minutes or until light golden brown on top. Serve immediately.



## **The Food Lab: How to Poach Eggs for a Party**

J. Kenji Lopez-Alt

Note; Cook a few more eggs than needed to account for some breakage.

1: Break egg, one at a time, into a small cup transferring it to a wire mesh strainer and swirling it around. This will drain away all the excess watery white, giving you a nice, tight egg shape that'll poach much more cleanly. Transfer the egg to a large bowl. Then repeat with five more eggs. While you're cracking eggs, you should have a big pot of salted water heating up on the stove. Place a steamer basket (sprayed with Pam) insert inside the pot. The water should be just starting to bubble when you add the eggs.

Carefully tip the eggs into the basket, trying to drop them in one at a time. The closer you get to the surface of the water the better. The goal here is to space the eggs evenly so they have room to achieve a nice shape. After 2 1/2 minutes, the egg white should be fully set with the yolks still tender. You can test this by

gently picking one up with a slotted spoon and poking the yolk with your fingertip. It should feel like a plump water balloon.

2. Once all of the eggs are cooked, pick the steamer out of the water. Immediately transfer the eggs to a bowl filled with very cold water. Once all of your eggs are chilled, you can transfer them to a sealable container and top them up with cold water. Cover and store in the fridge for up to five days.

3. To reheat the eggs, fill up a large bowl with hot water, about 140-degrees. Return the eggs to a clean and sprayed steamer insert and gently lower them into the hot water. Let them sit for 2 minutes to warm up, topping up with more hot water as necessary (this is mainly an issue if you are reheating lots and lots of eggs). When ready to serve, drain off the excess water by transferring the eggs to a clean paper towel to blot.

## **Oven Roasted Bacon**

8 to 10 slices Apple wood center cut, extra thick smoked bacon

Preheat oven to 400 degrees convection. Lay the bacon on a rimmed sheet pan and bake for 20 minutes (Newport 15 to 20) until the bacon is really crispy. Dry on paper towels and serve.

## Mini Quiches Four Ways

Makes 48 mini quiches

Notes: To wilt the spinach, place spinach into small saucepan and cover with water. Bring to a boil and cook until spinach is dark green and wilted. Alternatively, in a small saucepan, place the spinach with 1/4 cup of water and sauté over medium high heat until wilted. Place spinach between two kitchen towels or paper towels and remove as much water as possible.

### For the Crust

6 ounces cream cheese, somewhat softened

1/2 pound butter

2 cups flour

### For the Egg Mixture

4 eggs

1 cup milk

1/2 teaspoon salt

### To assemble the Mini Bacon Quiche:

Place one tablespoon of cheese into 12 of the mini muffin cups. Evenly divide the chopped bacon among the 12 cups, about 1/2 teaspoon. Top with a couple slices of green onion.

### To assemble the Mini Ham and Cheese Quiche

Place one tablespoon of cheese into 12 of the mini muffin cups. Evenly divide the chopped ham among the 12 cups, about 1/2 teaspoon.

### To assemble the Mini Spinach Quiche

Place one tablespoon of cheese into 12 of the mini muffin cups. Evenly divide the wilted spinach among the 12 cups, about 1/2 teaspoon. Evenly divide the chopped red pepper into the mini muffin cups.

### To assemble the Mini Mushroom Quiche

Place one tablespoon of cheese into 12 of the mini muffin cups. Evenly divide the chopped mushroom among the 12 cups, about 1/2 teaspoon.

### Directions

In a 4-cup measuring cup, combine the eggs, milk, and the salt. Whisk well. Set aside.

By hand, cream together cream cheese and butter. Blend in flour. Divide dough into 48 balls. Put one in each muffin tin depressions, pressing against bottom and sides to make a lining.

Add additional ingredients above.

Pour egg mixture into each of the 48 cups, filling to within 1/4 inch of the top. Bake at 375degrees until golden brown, about 25 to 30 minutes. Cool slightly and serve warm or at room temperature. Freezes Well

## Eggs in a Cup

Serves one

Notes: This recipe is best served in a large cup or mug. You can substitute a bowl but you will lose charm of the recipe.

1 to 2 slices white bread  
butter  
honey

2 eggs  
salt and pepper

Toast the bread; spread with butter and honey. Cut the toast into 1-inch pieces and put inside a large cup or mug. Set aside.

Poach your eggs until the whites are somewhat firm and the yolks very soft. Remove the eggs with a slotted spoon to drain as much water as possible; place on top of the toast pieces.

Salt and pepper the eggs. Using a knife, made about four slices through the poached eggs to allow the yolks to run down into the toast. Serve immediately.

## Pumpkin Waffles

Makes 3 Waffles

$\frac{3}{4}$  cup all-purpose flour  
1  $\frac{1}{2}$  teaspoons baking powder  
 $\frac{1}{4}$  teaspoon baking soda  
 $\frac{1}{2}$  teaspoon cinnamon  
 $\frac{1}{2}$  teaspoon nutmeg  
1 pinch salt  
1 eggs

2 tablespoons firmly packed brown sugar  
 $\frac{1}{2}$  cup canned pumpkin puree  
 $\frac{3}{4}$  cup milk  
2 tablespoons butter, melted and cooled

Mix together flour, baking powder, baking soda, cinnamon, nutmeg, ginger, and salt in large bowl.

In a second bowl, add eggs, sugar, pumpkin, milk, and butter; beat well. Gently fold in the flour mixture.

Cook according to your waffle iron directions (7 minutes).



## **Hawaiian French Toast**

2 (1 ½-inches) slices Hawaiian bread (300-degree oven for 7 minutes or until slightly dry)

2 eggs

1/4 cup whole milk

1 t sugar

1/2 teaspoon cinnamon

1/4 teaspoon nutmeg

butter

maple syrup