

Knowledge @ Noon

“Celebrate with Brunch”



Wednesday, April 19, 2017
12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
Marais des Cygnes Extension District, Paola Office

Instructors: Marais des Cygnes Extension District
Master Food Volunteers

A Brief History of BRUNCH.....

*Began in the United Kingdom known as “England’s Hunts Breakfast”. After a hunt, all game would be collected and cleaned and served.

*Came to the United States, and the first American city known for Brunch was the windy city of Chicago. Back in the day before transcontinental flight, movie stars who had business on both coasts would stop over in Chicago on their multi-night treks across the country on rail. On Sundays, actors like John Barrymore, Helen Hayes and Clark Gable stopped to brunch at the famed Pump Room at the Ambassador Hotel.

*Some credit religion as the birth of Brunch in the U.S.A. many say Brunch came from the Catholics who were fasting before Mass and then sitting down for a large midday meal after church.

***Madame Begue Passes Away- October 19, 1906**

When Elizabeth Kettnering Dutrey Begue died in New Orleans on October 19, 1906, her obituary was posted in the New York Times. It stated, “MME. BEGUE DEAD: New Orleans’s Famous Cordon Bleu Ruled Her Kitchen for 43 Years”. Born in Bavaria, Germany in 1831, she arrived in New Orleans in 1853 at age 22 to join her brother, a butcher in the French Market. Her first husband, Louis Dutry, operated Dutrey’s Coffee house at 207 Old Levee (now 823 Decatur- the current location of what was its main rival, Tujagues Restaurants), catering mainly to the market vendors and butchers in the French Market (across the street) who ate a light breakfast at dawn and came to the restaurant for a leisurely “SECOND BRAEKFAST” after their work was done. Elizabeth managed the restaurant after Dutrey’s death in 1875.

She married Hypolyte Begue, a bartender, and changed the restaurant’s name to BEGUE’S EXCHANGE. Her “Second Breakfasts” was served promptly at 11 a.m. (until 3 p.m.) to 30 people in a second-floor dining room, without a menu. It included a variety of red wines, French bread, soup, meats, fish, cheeses and café noir into which brandy was poured and burned. In 1885, “the French Market Breakfast” gained national

attention when tourists visiting the World's Industrial and Cotton Centennial Exposition (held now at what would be Audubon Park) dined at Be'gues' and returned home praising its notable cuisine. Sunday at Be'gues' became a meeting place for intellectuals, poets, statesmen, scientists and businessmen from New Orleans as well as from other American cities and abroad. Tourists wrote months in advance for reservations and Be'gues' was one of the finest restaurants in New Orleans to install a telephone to accommodate diners. In later years, rheumatism forced her to use crutches but she continued to supervise all food preparation. Her meals became known across America as "BRUNCH". After Hypolyte's death in 1917, the property was sold to Tujaque's. (this restaurant is still open to this present day)

In 1900, Madame Begue hand-wrote her recipes in French for publication in a cookbook published by Southern Pacific Railroad as a souvenir and travel incentive. One of the first cookbooks published for the New Orleans market, it became a sought-after souvenir and guide for tourists. It included Madame Begue's Turtle Soup, Chicken a la Creole, and Creole Gumbo as well as recipes from other well-known cooks, including Victor Bero from Victor's Restaurant (now Galatoire's). The recipes' measurements, temperatures, and cooking times were left to the best judgement of the cook because much of the cooking was done over an open fire.

In 1937, an updated version was published to suit the needs of more modern cooks using kitchen stoves. In 2012, local food enthusiasts Poppy Tooker provided a new forward and recreated the most significant of Madame Begue's creations by providing contemporary renditions of the original recipes.

Sources: <http://lahistory.org/site19.php>, Poppy Tooker's Mme. Be'gues' Recipes of Old New Orleans Creole Cookery (2012), Mme. Begues' Recipes of Old New Orleans Creole Cookery (January 1, 1937 edition), and Judy Walker.

Table Setting Tips

Image Courtesy

Whether it be a formal table setting or an informal table setting, we've got some tips to help you get started!

Table Setting Tip No 1:

Determine the number of guests as well as the seating arrangement well in advance. If you are the **cook**, try and **seat yourself at the corner of the table** so that you can navigate easily to and from the kitchen. Remember to **seat your female guests to the host's right and male guests to the left**. If there are **children**, make sure you have some **booster chairs** or a **children's table** ready nearby.

Table Setting Tip No 2:

Make sure that the **crease of the table spread divides the table into two equal portions** so that it hangs about a foot and a half from each side of the table. **Place the folded napkins** you will be using for your dinner party in the center of the plate in front of each guest's seating place.

Table Setting Tip No 3:

This is probably the golden rule of table setting. When setting your table **always** remember that the **utensils from the outermost position will be used first**. Therefore, the utensils should be arranged in the order of how a person will use them.

Table Setting Tip No 4:

The **forks, bread plate, spreading knife** and **napkin** are set on the left, while **knives, spoons, wine glasses, cups** and **saucers** are set to the right. Remember that the **sharp side of the knife faces the plate** and on the left side of the plate, the **salad fork** is closest and then the **dinner fork** follows. Set the salad plate to the left of the fork. On the right side, place the **soup spoon** followed by the **dessert spoon**.

Table Setting Tip No 5

Arrange the **glasses about an inch from the knives, again, in the order of usage from left to right**. For example, the **water glass** will come first, followed by the **red/white wine glass, sherry glass and champagne glass**.

Read more at <http://ifood.tv/facts/125247-tips-for-table-setting#km7EG3tmEC6VokOX.99>

How to Set up a Buffet

Serving a meal on a buffet is a great way to host a potluck or simply allow for a greater number of guests to dine and serve themselves, saving the host from serving everyone or hiring help to do so. Here are a few helpful tips and pointers for setting up a buffet at your next event.

Plan Ahead

Plan your buffet table ahead of time to ensure you have enough room and arrange the dishes appropriately. Adding a table skirt allows for some out-of-sight, temporary storage beneath the table. If you are having a pot luck consider using a small notecard to mark where each dish should be placed so guests don't have to hunt down a space on the spot. Arrange larger main dishes first then smaller side dishes around the periphery. It's also worth considering whether your menu warrants labeling the dishes for guests.

Don't Forget Servingware!

One of the most common mistakes when setting up a buffet is forgetting to have enough servingware! Neglecting this simple step will result in backed up lines and frustration for your guests so plan ahead and be sure to have appropriate servingware at each dish. If the table is being accessed from both sides try to provide two means of serving large dishes so guests don't have to reach across the food.

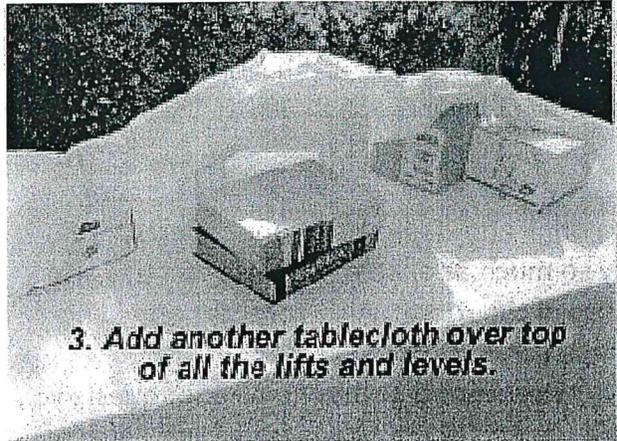
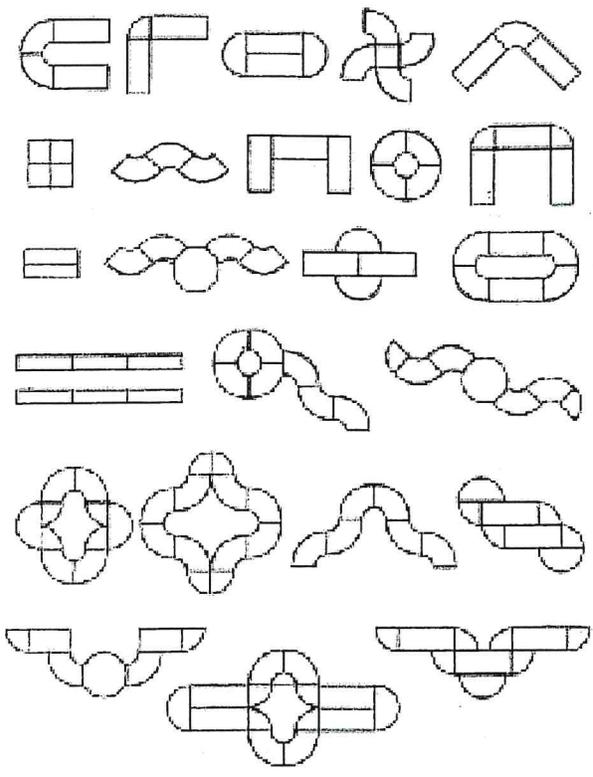
Make it Flow

Ensure good traffic flow by keeping drink and dessert stations separate from the main meal area. Guests can only carry so much at once regardless and this also encourages movement across multiple areas of the room. Also consider providing pitchers of ice water on the tables for ease of serving.

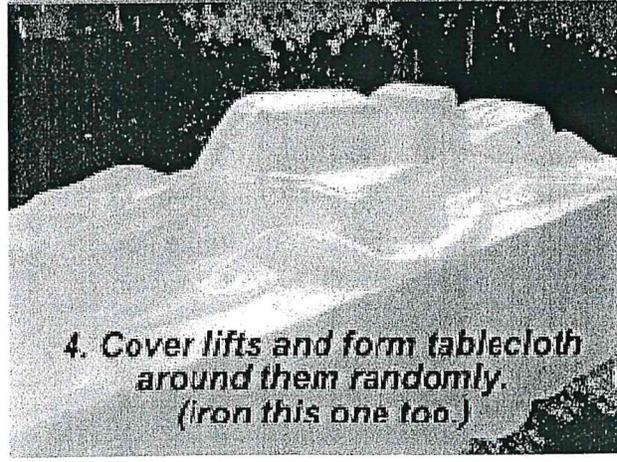
Will your buffet have one line or two? Depending on the number of guests you are serving you may want guests to be able to serve themselves from both sides of the table. Knowing ahead of time how you would like the flow of guests can help determine not only placement of the food on the table but also placement of the table itself.

If your buffet will only be accessed in one direction consider having plates on one side and silverware and napkins at the end, or better yet have napkins and silverware at the tables so guests don't have to juggle multiple items while serving their food. If guests will be serving from both sides of the table have plates and silverware and napkins at both ends of the table.

Source: www.brightsettings.com



3. Add another tablecloth over top of all the lifts and levels.



4. Cover lifts and form tablecloth around them randomly. (iron this one too.)

5.

{ the Chickabug guide to }
how much to serve at a party

food		amount	for each
SANDWICHES/ MAIN DISHES	 	1.5 SERVINGS	1 GUEST
SIDE DISHES	 	1.5 CUPS	1 GUEST
FRUIT & VEGGIES	 	2 LARGE PLATTERS	25 GUESTS
APPETIZERS (BEFORE A MEAL)	  	6 PIECES	1 GUEST
APPETIZERS (NO MAIN COURSE)	  	12 PIECES	1 GUEST

desserts		amount	for each
CUPCAKES	 	1.5 CUPCAKES	1 GUEST
COOKIES (MEDIUM SIZE)	  	3 COOKIES	1 GUEST
CANDY		.5 CUPS	1 GUEST
ICE CREAM		1 CUP	1 GUEST

drinks (serving alcohol)		amount	for each
LEMONADE, PUNCH OR TEA	 	2 GALLONS	25 GUESTS
ALCOHOLIC DRINKS	 	1.5 DRINKS PER HOUR	1 GUEST

drinks (not serving alcohol)		amount	for each
LEMONADE, PUNCH OR TEA	  	4 GALLONS	25 GUESTS

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{OBEY THE LAWS OF BUFFET FENG SHUI.}

FORM AND FUNCTION UNITE IN A MASTERFULLY ARRANGED BUFFET.

Vary the Height

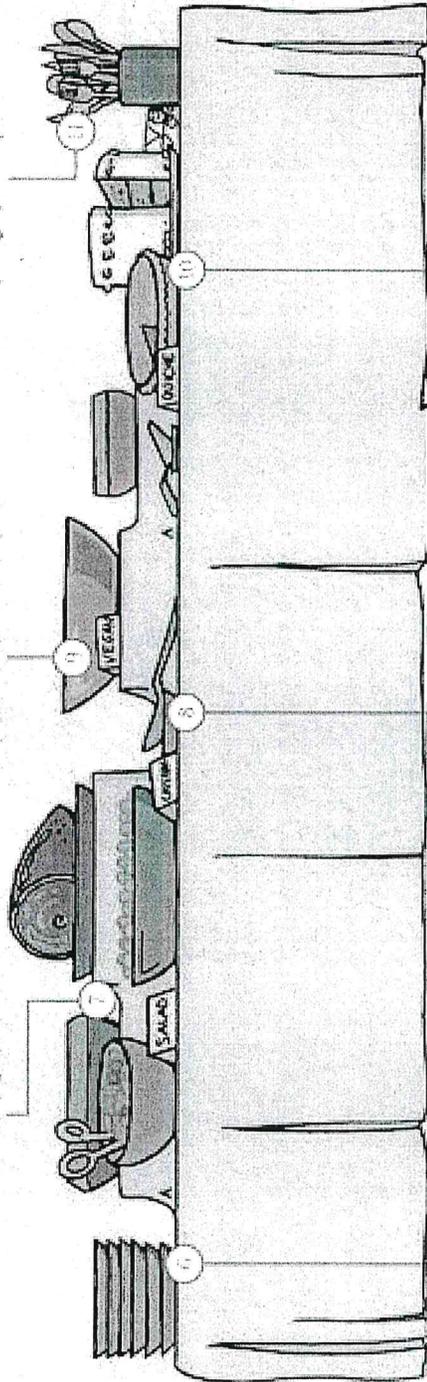
Stack books under table linens to help elevate certain dishes (less messy ones, without sauces) and to add a little design panache.

Identify Dishes

Include place cards stating the name of each item and any good-to-know information for guests (contains peanuts, for example).

Save Utensils for Last

Place napkins and silverware at the end of the buffet line. Guests won't have to fuss with them while piling up their plates.



Have a Clear Beginning

For a visual cue on where to form the line, start with a tall stack of plates. Pull table out from the wall so traffic flows down both sides.

Give Some Support

Place empty saucers throughout the buffet so guests have a spot to rest those sticky serving spoons.

Position Strategically

Place food you have limited supply of at the end of the line. Guests will be less tempted to take a giant scoop if their plate is nearly full.

HARD COOKED EGGS.....THREE WAYS!

BOILED:

12 LARGE EGGS

1 pinch salt

DIRECTIONS-

1. Put eggs in large pot.
2. Cover with water so that there is a least an inch of water above the eggs.
3. Add a pinch of salt.
4. Turn on heat (med. High) and heat, uncovered, to a boil.
5. If you have more than a single layer of eggs, you may want to stir them occasionally (gently) while they heat.
6. Once the water comes to a boil, watch your clock and let boil for 2 min.
7. Remove pot from the heat and cover with a lid.
8. Let sit, covered, for 11 minutes.
9. Drain and cool egg in an ICE BATH.

BAKED:

12 LARGE EGGS

DIRECTIONS-

1. PREHEAT oven to 350 degrees F.
2. Put 1 egg in each of 12 muffin cups.
3. Bake in preheated oven for 30 minutes.
4. Plunge baked eggs into an ICE BATH.

STEAMED:

12 LARGE EGGS

1. Add 1 inch of water to a large pot. Place steamer basket insert inside, cover, and bring to a boil over high heat. Add eggs to steamer basket, cover, and continue cooking, 6 minutes for soft-boiled eggs or 12 minutes for hard-cooked eggs.
2. Plunge eggs into an ICE BATH.

Placing eggs into a pot full of steaming water cooks them evenly and gently, with less risk of cracking, then dropping them into simmering water. Steaming the eggs and peeling under running water makes for easy, divot-free peeling almost every time!!!!!!

Banana Punch Slush

6 cups Water	1 (12 oz.) can frozen orange juice, reconstituted with water
4 cups sugar	10 mashed bananas (in blender)
2 (46 oz.) cans pineapple juice	6 cups 7-Up
1 (6 oz.) can frozen lemonade (no water added)	

Boil 6 cups water and sugar together. Mix in all other ingredients. Freeze. Set out at least 4 to 5 hours before serving. Makes 3 gallon of a slush punch.

Nutrition: Calories: 150, Fat 0 g., Cholesterol: 0 mg., Sodium 10 mg., Carbs: 37 g.,(Fiber 1 g., Sugars 34 g.)

Recipe submitted by Gayle Plummer, MFV

One Hour Cinnamon Rolls (servings 15 rolls)

Dough:

1 ¾ cups warm water
¼ cup plus 2 Tablespoons sugar
¼ cup oil
3 Tablespoons instant yeast
Mix and let sit 15 minutes

Dough Part 2:

1 ½ teaspoons salt
2 eggs
5 ¼ cups flour

Dough Part 2 –Mix with above for 10 minutes the let sit for 10 minutes.

I usually have to add extra flour.

Roll dough into large rectangle. Spread with ¼ cup melted butter and cinnamon/sugar mixture (1/2 cup sugar, 1 ½ teaspoons cinnamon).

Roll up tight and use thread to cut into rolls. Place on cookie sheet or in pans. Let rise. The recipe said only 30 minutes, but I usually let them raise a little longer. Bake 15-20 minutes at 400 degrees F.

Icing:

½ stick butter
Dash of salt
1 teaspoon vanilla

3 cups powdered sugar
Milk 6 use enough to make good consistency icing

Nutrition Facts: Calories 370, Total Fat 8 g., Saturated Fat 2.5 g., Cholesterol 35 mg., Sodium 270 mg., Total Carbs. 69 g., Dietary Fiber 2 g., Sugars 33g., Protein 6 g.

Recipe submitted by Gayle Plummer, MFV

Sausage Balls Makes 24 servings

1 pound sausage
2 cups shredded Cheddar cheese

½ cup milk
3 cups Bisquick

Mix ingredients together with hands. Roll into 1 inch balls and place on a greased cookie sheet. Bake at 350° F. for 25 minutes.

Nutrition: Calories 160, Total fat: 10 g., Saturated fat 4 g., Cholesterol: 25 mg., Sodium: 370mg, Total Carbs: 10g, Sugars 1 g., Protein: 7g.

Breakfast Muffins

½ cup shortening
½ cup sugar
1 egg
1 ½ cups flour
1 ½ teaspoons baking powder
½ teaspoon salt

¼ teaspoon nutmeg
½ cup milk
½ cup sugar
1 teaspoon cinnamon
½ cup margarine

Heat oven to 350° F. Grease 12 medium muffin cups. Mix thoroughly shortening, ½ cup sugar, and egg. Stir in flour, baking powder, salt, nutmeg and milk. Fill muffin cups 2/3 full. Bake 20-25 minutes.

Mix ½ cup sugar and cinnamon. Immediately after baking, roll the muffin in melted margarine, then cinnamon/sugar mixture. Serve Hot. *Recipe submitted by Gayle Plummer, MFV.*

Nutrition: Calories 230, Total Fat: 12 g.m Saturated Fat 4g., Trans Fat 2g., Cholesterol 20 mg., Sodium 200 mg., Total Carbs. 27 g., Dietary Fiber 3g., Sugars 14g., Protein 2g.

Helen's Lemon Bread

1 lemon cake mix
1 pkg. instant lemon pudding
½ cup oil

1 cup warm water
4 eggs

Mix above and beat for 2 minutes

Bake in two medium size loaf pans (or loaf bunt pan) for 40-45 minutes @ 350 degrees

While bread is baking, mix

1/3 cup white sugar

¼ cup lemon juice

Remove bread from oven and poke holes in top with a fork.

Pour lemon sugar mixture over top. Cool. Enjoy

Recipe given to Ann Detwiler, MFV by Helen Carter

Sausage Brunch Braid 8-10 Servings Prep: 30 min. Bake: 20 min.

12 ounces bulk pork sausage
1/2 cup chopped onion
1/4 cup chopped celery
1/4 cup chopped green pepper
1 garlic clove, minced

1 package (3 ounces) cream cheese, cubed
2 tablespoons minced fresh parsley
2 tablespoons chopped green onion tops
1 tube (8 ounces) refrigerated crescent rolls
1 egg, lightly beaten

Directions

In a large skillet, cook the sausage, onion, celery, green pepper and garlic until meat is no longer pink and vegetables are tender; drain. Add cream cheese, green onion and parsley. Cook and stir over low heat until cheese is melted; set aside.

Unroll crescent dough on a greased baking sheet; seal perforations. Roll into a 12-in. x 10-in. rectangle. Spoon sausage mixture to within 3 in. of long sides and 1 in of ends. On each long side, cut 3/4-in.-wide strips 3 in. into center. Starting at one end, fold alternately strips at an angle, forming a braid.

Brush dough with egg. Bake at 350° for 20-25 minutes or until golden brown. Refrigerate leftovers.

Yield: 8-10 servings.

Nutrition Facts: 1 serving (1 piece) equals 201 calories, 15 g fat (5 g saturated fat), 43 mg cholesterol, 353 mg sodium, 11 g carbohydrate, trace fiber, 5 g protein.

Published in Quick Cooking March/April 2000, p12

Cherry Coffee Cake

1 ½ cups sugar
½ cup butter
½ cup shortening
4 eggs

1 teaspoon vanilla
1 teaspoon almond extract
3 cups flour
1 ½ teaspoons baking powder

Cream shortening and butter with sugar. Add eggs, vanilla and almond extract. Add flour and baking powder. Mix well. Spread 2/3 batter in 10 x 15 inch jelly roll pan. Spoon 1 can cherry pie filling evenly on batter. Drop remaining 1/3 batter by spoonfuls on top of cherry pie filling.

Bake at 350° for 45 minutes until golden brown.

Make powdered sugar glaze and drizzle over coffee cake when hot. Cut into squares and serve.

Recipe submitted by Diane Burnett, Family and Consumer Science Agent

BRUCH PUFFS

Rye Party Puffs

54 Servings Prep: 30 min. Bake: 20 min. + cooling

Ingredients

1 cup water ½ teaspoon garlic powder
½ cup butter, cubed ¼ teaspoon salt
½ cup all-purpose flour 4 eggs
½ cup rye flour Caraway seeds (optional)
2 teaspoons dried parsley flakes

Directions

In a large saucepan over medium heat, bring water and butter to a boil. Add flours, parsley, garlic powder and salt all at once; stir until a smooth balls forms.

Remove from the heat; let stand for 5 minutes. Beat in eggs, one at a time. Beat until smooth.

Drop batter by rounded teaspoonful (use small cookie dipper heaped full) 2 in. apart onto greased baking sheets. Sprinkle with caraway seeds (optional)

Bake at 400° for 18-20 minutes or until golden.

Remove to wire racks. Immediately cut a slit in each puff to allow steam to escape; cool

Corned Beef Filling

2 packages (8 ounces each) cream cheese, softened
2 packages (2 ounces each) thinly sliced deli corned beef, chopped
½ cup mayonnaise
¼ cup sour cream
2 tablespoons minced chives
2 tablespoons diced onion
1 teaspoon spicy brown or horseradish mustard
1/8 teaspoon garlic powder
10 small pimiento-stuffed olives, chopped

In a large bowl, combine the first eight filling ingredients. Stir in olives. Split puffs; add filling. Refrigerate. Yield: 4-1/2 dozen.

Recipe from Taste of Home 2009

Mocha Punch Recipe

Total Time: Prep: 15 min. + chilling Yield: 25 servings

Ingredients

6 cups water
½ cup sugar
½ cup instant chocolate drink mix
¼ cup instant coffee granules
½ gallon vanilla ice cream
½ gallon chocolate ice cream
1 cup heavy whipping cream, whipped

Directions

1. In a large saucepan, bring water to a boil. Remove from heat. Add sugar, drink mix and coffee; stir until dissolved. Refrigerate, covered, 4 hours or overnight.
2. About 30 minutes before serving, pour mixture into a large punch bowl. Add scoops of ice cream; stir until partially melted. Top servings with whipped cream. Yield: 25 servings (¾ cup each).

Nutritional Facts:

¾ cup: 254 calories, 13g fat (8g saturated fat), 46mg cholesterol, 87mg sodium, 34g carbohydrate (30g sugars, 1g fiber), 4g protein.

Recipe from Taste of Home

Blueberry French Toast

12 slices day-old white bread, crusts removed
2 (8oz.) packages cream cheese
1 cup fresh or frozen blueberries
12 eggs
2 cups milk
1/3 cup maple syrup or honey

SAUCE:

1 cup sugar
2 Tablespoons cornstarch
1 cup water
1 cup fresh or frozen blueberries
1 Tablespoon butter or margarine

Cut bread into 1-inch cubes; place half in a greased 13-inch x 9-inch x 2-inch baking dish. Cut cream cheese into 1-inch cubes; place over bread. Top with blueberries and remaining bread. In a large bowl, beat eggs. Add milk and syrup; mix well. Pour over bread mixture. Cover and chill 8 hours or overnight. Remove from refrigerator 30 minutes before baking. Cover and bake in 350° Fahrenheit for 30 minutes. Uncover; bake 25-30 minutes more or until golden brown and the center is set.

SAUCE: In a saucepan, combine sugar and cornstarch; add water. Bring to a boil over medium heat; boil for 3 minutes, stirring constantly; Stir in blueberries; reduce heat. Simmer for 8-10 minutes or until berries have burst. Stir in butter until melted. Serve over French toast.

Yield: 6-8 servings (1-3/4 cups sauce). Freezes well after cooked. *Recipe submitted by Jerri Hefling. MFV*

Crustless Spinach Quiche

1 1/2 cups egg substitute
3 eggs
16 oz. fat free cottage cheese
1/2 cup reduced fat shredded cheddar cheese
1/4 cup grated fresh parmesan cheese, divided
1/2 cup nonfat milk
1/2 cup flour
1 teaspoon baking powder
1/4 teaspoon salt

1/4 teaspoon ground black pepper
1/4 teaspoon red pepper flakes
1 medium onion, chopped small
2 garlic cloves, minced
2 packages (10 oz. each) chopped frozen spinach,
thawed and drained
1/8 teaspoon ground nutmeg
2 large tomatoes, thickly sliced

1. Preheat oven to 400 degrees. Coat a 3-quart casserole or 10 (5 inch) tart dishes with cooking spray; set aside. In a large bowl, beat the egg substitute and eggs until fluffy. Add the cottage cheese, cheddar cheese, 2 tablespoons of the parmesan cheese, milk, flour, baking powder, salt, black pepper, and red pepper flakes. Beat well.
2. Coat a large skillet with cooking spray. Sauté the onion over medium heat for 5 -6 minutes. Add garlic and sauté for 1 minute. Add the spinach and nutmeg, and cook for 2 minutes. Drain any excess liquid. Add the spinach mixture to the egg mixture.
3. Pour the spinach-egg mixture into the prepared casserole dish. Top with tomatoes and sprinkle with the remaining 2 tablespoons parmesan cheese. Bake 15 minutes at 400 degrees.
4. Reduce the oven temperature to 350 degrees and bake the casserole for 35 minutes until quiche is set and browned.

Recipe is from Diabetes Forecast Magazine, November, 2012

Nutrition Information for 1 serving: Calories 135, Fat 3.5 gram, Carbohydrate 13 grams, Cholesterol 60 mg., Sodium 420 mg., potassium 375 mg., Protein 14 grams.

Zucchini Frittata

Ingredients

- 4 teaspoons extra-virgin olive oil, divided
- 1 cup diced zucchini, (1 small)
- 1/2 cup chopped onion
- 1/2 cup grape tomatoes, or cherry tomatoes, halved
- 1/4 cup slivered fresh mint
- 1/4 cup slivered fresh basil
- 1/4 teaspoon salt, divided
- Freshly ground pepper, to taste
- 5 large eggs
- 1/3 cup crumbled goat cheese, (2 ounces)



Directions

1. Heat 2 teaspoons oil in a 10-inch nonstick skillet over medium heat. Add zucchini and onion; cook, stirring often, for 1 minute. Cover and reduce heat to medium-low; cook, stirring occasionally, until the zucchini is tender, but not mushy, 3 to 5 minutes. Add tomatoes, mint, basil, 1/8 teaspoon salt and a grinding of pepper; increase heat to medium-high and cook, stirring, until the moisture has evaporated, 30 to 60 seconds.
2. Whisk eggs, the remaining 1/8 teaspoon salt and a grinding of pepper in a large bowl until blended. Add the zucchini mixture and cheese; stir to combine.
3. Preheat the broiler.
4. Wipe out the pan and brush it with the remaining 2 teaspoons oil; place over medium-low heat. Add the frittata mixture and cook, without stirring, until the bottom is light golden, 2 to 4 minutes. As it cooks, lift the edges and tilt the pan so uncooked egg will flow to the edges.
5. Place the pan under the broiler and broil until the frittata is set and the top is golden, 1 1/2 to 2 1/2 minutes. Loosen the edges and slide onto a plate. Cut into wedges and serve.

Nutrition Information

Servings Per Recipe: 2

PER SERVING: 376 cal., 28 g total fat (10 g sat. fat), 445 mg chol., 590 mg sodium, 10 g carb. (3 g fiber), 21 g pro

Source: [EatingWell](#)

Ham and Egg Frittata

Ingredients

1 Tablespoon margarine or vegetable oil

3 medium potatoes*, thinly sliced

1/2 cup onion, chopped

1/2 cup green pepper, chopped

1 cup cooked ham, diced

3 eggs, beaten

1/2 cup cheese, shredded

salt and pepper, to taste

Directions

1. In a 10-inch skillet, heat margarine or oil.
2. Place half the potatoes, onions, green pepper, salt, and pepper in skillet. Layer half the ham on top. Repeat the two layers.
3. Cover and cook over low heat about 20 minutes or until potatoes are tender.
4. Pour eggs over potato mixture. Cook about 10 minutes or until the eggs are set.
5. Top with cheese and heat until melted. Cut into wedges.

*Substitute sliced potatoes with 2 1/2 cups of frozen hash brown potatoes.

Nutrition Information per Serving: Calories 270, Total Fat 15 g (22% DV), Saturated Fat 6 g (28% DV), Cholesterol 150 mg (51% DV), Sodium 690 mg (29% DV), Total Carbohydrate 21 g (7% DV), Dietary Fiber 2 g (9% DV), Sugars 2 g, Protein 15 g, Vitamin A 8%, Vitamin C 35%, Calcium 10%, Iron 8%.

Granola Yogurt Parfait

This looks good enough to be a dessert, but is, in fact, super healthy and delivers the creamy taste of Greek yogurt and itsøeasy to make.)

Just layer 6 ounces of plain fat-free Greek yogurt with 2/3 cup granola mixed with 1/2 cup puffed wheat cereal, and 1 sliced peach or other fruit of your choice.

If you use plain yogurt instead of a sugary one, you can save up to 70 calories. But it's fine to use the flavored varieties too.

Maple-Cinnamon French Toast

Straight from New England, this recipe will be a hit at any holiday brunch. Using vanilla extract and cinnamon will give you plenty of flavor without the added fat of butter.

Ingredients

- 4 large eggs
- 1 1/2 cups 2% reduced-fat milk
- 2 1/2 tablespoons maple syrup
- 1 1/2 teaspoons vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 8 slices whole wheat bread
- 1 teaspoon butter or canola oil
- Warm Wild Blueberry Sauce
- Blueberries (optional)



Preparation

1. Preheat oven to lowest setting (about 200°).
2. Place a large, shallow baking dish in oven to warm.
3. Combine the eggs, milk, maple syrup, vanilla extract, ground cinnamon, and salt in a large bowl, stirring with a whisk until the mixture is well blended. Place 2 slices whole wheat bread in batter, and soak for 2 minutes.
4. Heat a large nonstick or cast-iron skillet over medium heat. Melt butter or heat oil in skillet, swirling pan to spread it around. Lift bread slices out of batter, letting them drain slightly, and place bread in skillet. Cook until golden, flipping once (about 2-3 minutes on each side). Transfer toast to the warm baking dish in the oven. Repeat the procedure with remaining bread slices. Serve hot with warm blueberry sauce spooned on top. Garnish with additional blueberries, if desired.

This is the way they do French toast in New England; take one bite and you'll see why.

Yield: 8 servings (serving size: 1 piece of French toast and about 1/3 cup warm blueberry sauce)

Nutritional Information per serving: 152 Calories, 5 g. Fat, 2 g. Saturated fat, Monounsaturated fat per serving: 2g, Polyunsaturated fat per serving: 1g, Protein per serving: 7g, Carbohydrate per serving: 20g, Fiber per serving: 2g, Cholesterol per serving: 111mg, Iron per serving: 2mg, Sodium per serving: 237mg, Calcium per serving: 93mg

Potato-Crusted Spinach Quiche

Quiche crust is usually made from butter and flour. This version is made with shredded potatoes, which cuts fat and calories. Try a delicate spinach quiche made with a potato crust for your next Sunday brunch. Serve with a side of fruit and mimosas for the perfect mid-morning treat.

- **Yield: 4 servings**

Ingredients

1 tablespoon olive oil, divided

- 1 (20-ounce) package shredded potatoes (about 3 1/2 cups)
- 1 large egg white, whisked
- 1 tablespoon all-purpose flour
- 1 teaspoon salt
- 6 ounces fresh spinach
- 1/4 cup chopped onion
- 2 tablespoons water
- 6 large eggs
- 1/4 cup part-skim ricotta cheese
- Freshly ground black pepper
- 2 ounces Swiss cheese, shredded (about 1/2 cup)
- 1 ounce Canadian bacon, finely chopped

Preparation

1. Preheat oven to 400°. Coat inside of a deep-dish 9-inch pie plate with 1 teaspoon olive oil; set aside.
2. Combine potatoes and egg white in a large bowl. Toss lightly. Add flour and salt; toss to coat. Transfer to pie plate, and pat evenly into bottom and sides to form crust. Drizzle remaining 2 teaspoons oil over crust. Bake at 400° for 15 minutes, or until edges begin to brown. Remove from oven. Reduce oven temperature to 350°.
3. While crust bakes, place spinach, onion, and 2 tablespoons water in a microwave-safe bowl. Microwave on HIGH 2 minutes or until spinach begins to wilt. Drain. Place spinach mixture in a colander and squeeze to drain; coarsely chop and set aside.
4. Combine eggs and ricotta cheese in a large mixing bowl; stir with a whisk until smooth. Season to taste with black pepper. Stir in spinach mixture, half of Swiss cheese, and bacon.
5. Pour egg mixture over potato crust, spreading with the back of a spoon to distribute evenly. Leave a 1/2-inch crust along the outer edge. Sprinkle remaining Swiss cheese on top. Bake at 350° for 50 to 55 minutes, until puffed and golden. Let cool on a wire rack 10 to 15 minutes before serving.

Nutritional Information per serving: Calories per serving: 380, Fat per serving: 17g, Saturated fat per serving: 6g, Monounsaturated fat per serving: 7g, Polyunsaturated fat per serving: 2g, Protein per serving: 20g, Carbohydrate per serving: 37g, Fiber per serving: 6g, Cholesterol per serving: 340mg, Sodium: 720 mg.