

Fantastic French Toast

Makes: 2 Servings

Dried egg mix can be used to make breakfast favorites. This french toast recipe uses prepared egg mix in the batter.

Ingredients

4 tablespoons dried egg mix
1/2 cup water
1/2 cup nonfat milk
1/2 teaspoon vanilla extract
nonstick cooking spray
6 slices whole wheat bread
2 teaspoons ground cinnamon (if you like)
Syrup (if you like)

Directions

1. Preheat a griddle or large skillet over medium heat on the stove.
2. Put dried egg mix and water in a shallow bowl and stir until mixed well. Add milk and vanilla. Mix well with fork.
3. Coat the griddle or skillet with nonstick cooking spray.
4. Dip both sides of bread, one slice at a time, in egg mixture and cook on hot griddle or frying pan.
5. Cook on one side until golden brown. Turn bread over to cook the other side. It will take about 4 minutes on each side. If using cinnamon, sprinkle it on top. If using syrup, spread on cooked French toast.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	110	
Total Fat	3 g	
Protein	5 g	
Carbohydrates	15 g	
Dietary Fiber	2 g	
Saturated Fat	1 g	
Sodium	190 mg	

Crunchy Berry Parfait

Prep time: 7 minutes

Makes: 1 Parfait

Ingredients

1/2 cup yogurt, non-fat vanilla

1 cup blueberries or strawberries (fresh or frozen thawed)

1/2 cup low-fat granola (or crunchy cereal)

Directions

Spoon yogurt into glass, then top with fruit and granola.

Notes

- Can use fortified soy yogurt
- 1/4 cup blueberries and 1/4 cup strawberries used for nutrition analysis.
- Frozen berries used for costing.

Orange Delight Juice

Rating: ★★★★★

Makes: 4 servings

Ingredients

- 1 cup orange juice
- 1/2 banana
- 1 cup apple juice
- 1 teaspoon honey
- 1/8 teaspoon cinnamon
- 1 cup ice (crushed)

Directions

1. Blend at high speed in blender until frothy.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	70	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	19 g	6%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	0 mg	0%

Heavenly Deviled Eggs

Rating: ★

Makes: 6 Servings

Ingredients

6 eggs (in shell)

2 **tablespoons** light mayonnaise

1 **teaspoon** mustard

Directions

1. Put eggs into a saucepan. Cover with cold water.
2. Bring eggs to a simmer (small bubbles) and cook for 12 minutes.
3. Remove from the heat and drain.
4. Crack eggs under cold water and allow to cool. Remove shells.
5. Split eggs in half, lengthwise and remove yolks.
6. Put yolks, dressing and mustard into a small zipper-lock plastic bag to mix.
7. Cut a small hole in a lower corner of the bag. Squeeze mixture into egg white halves. Garnish as desired.

Notes

Garnishes:

- paprika
- cayenne pepper (if you like it hot)
- pickle relish
- sliced scallions
- sliced green or black olives

1/8 tsp each of salt and pepper may be substituted for 1 tsp mustard.

Sunshine Salad

Makes: 5 servings

Ingredients

5 cups spinach leaves (packed, washed, and dried well)
1/2 red onion (sliced thin)
1/2 red pepper (sliced)
1 cucumber (whole, sliced)
2 orange (peeled and chopped into bite-size pieces)
1/3 cup vinaigrette dressing ("lite", around 15 calories per tablespoon or less)

Directions

1. Toss all ingredients together in a large bowl. Add dressing and toss again. Serve immediately.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	70	
Total Fat	0 g	0%
Protein	2 g	
Carbohydrates	16 g	5%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	180 mg	8%

Pork Loin Roast with Veggies

Makes: 6 Servings

Ingredients

2 cups onions, cut in wedges (about 1/2 pound or 2 medium)
2 cups potatoes, diced (about 12 ounces or medium)
2 cups baby carrots (or 3/4 pound regular carrots, sliced)
2 tablespoons vegetable oil (divided)
1 1/4 pounds pork loin
1 tablespoon brown sugar
1/2 teaspoon garlic powder
1/2 teaspoon pepper
1/4 teaspoon salt

Directions

1. Preheat oven to 400°F.
2. In a bowl mix veggies with 1 tablespoon oil, salt, and pepper.
3. Lay veggies around the edge of a 9"x13" pan and put in oven.
4. Use a small bowl to make the rub. Mix the brown sugar, garlic, 1/2 teaspoon pepper, and 1/4 teaspoon salt in the bowl.
5. Sprinkle the rub over the loin. Press gently so the rub sticks to the roast. Wash your hands after handling the raw meat.
6. Heat the remaining 1 tablespoon vegetable oil in a large skillet over medium high heat. Add the loin. Brown the sides of meat. Turn after about 2-3 minutes per side.
7. Transfer the pork to the center of the pan with veggies. Bake for about 40 minutes. A meat thermometer should read 145°F. Check the temperature after 30 minutes in the oven.

8. Remove from oven. Let set for 5 minutes. Slice and serve.

Notes

Wash and cut potatoes and onion into chunks about the same size as baby carrots.

Use a meat thermometer. Cooked pork can be pink even when the meat has reached a safe temperature.

For safety and quality, allow meat to rest for at least three minutes before slicing.

Parmesan Chive Biscuits

Rating: ★★★★★

Makes: 12 servings

Ingredients

- 2 cups** biscuit mix
- 2/3 cup** milk (2% or fat-free)
- 1/4 cup** butter (melted)
- 3/4 cup** Parmesan cheese (freshly grated)
- 1/2 cup** chives (finely chopped, fresh)

Directions

1. Combine all ingredients in a large bowl.
2. Stir together to mix well. Do not over mix.
3. Turn out onto a floured board. Roll to a 1-inch thick square.
4. Cut into 12 squares. Bake on a cookie sheet, spaced slightly apart, in a 400° F oven for 12 to 15 minutes.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	150	
Total Fat	9 g	14%
Protein	4 g	
Carbohydrates	14 g	5%
Dietary Fiber	0 g	0%
Saturated Fat	4.5 g	23%
Sodium	340 mg	14%

Pear Rabbit

Prep time: 5 minutes

Makes: 1 Pear Rabbit

Ingredients

3 canned pear halves

1 raisin

Directions

1. Wash hands; get out ingredients and utensils.
2. Place 2 pear halves, flat side down, on a small plate to make the body.
3. Use butter knife to cut a tail, ears and feet from another pear half. Add each part to the body.
4. Use butter knife to cut one raisin in half and place on small end for eyes.
5. Enjoy your pear rabbit.

Notes

Adults: If cooking with kids, use can opener, open pear halves and discard sharp edged lid.

Spring Vegetable Saute

Makes: 4 servings

Ingredients

- 1 teaspoon** olive oil
- 1/2 cup** sweet onion (sliced)
- 1** garlic clove (finely chopped)
- 3** new potatoes (tiny, quartered)
- 3/4 cup** carrot (sliced)
- 3/4 cup** asparagus pieces
- 3/4 cup** sugar snap peas, or green beans
- 1/2 cup** radishes (quartered)
- 1/4 teaspoon** salt
- 1/4 teaspoon** black pepper
- 1/2 teaspoon** dill (dried)

Directions

1. Heat the oil in a skillet. Cook the onion 2 minutes, add the garlic and cook another minute
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add a Tablespoon or 2 of water.
4. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender - about 4 minutes more.
5. Serve immediately.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	70	
Total Fat	1.5 g	2%
Protein	2 g	
Carbohydrates	13 g	4%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	170 mg	7%