

JUST THE FACTS **BREAKFAST** RECIPES

Omelettes

Batter:

4 beaten eggs
1 ½ tablespoons milk
Pinch of salt

Optional filling per 2-egg omelette:

1 tablespoon grated cheddar cheese
1 tablespoon cooked mushrooms
1 tablespoon chopped scallions
1/3 cup diced tomatoes
½ teaspoon olive oil

French style (2 minutes):

In a small skillet (8-inch), heat the oil over hot heat. Add the egg batter and swirl with a heatproof plastic scraper, shaking the pan as you do. The eggs will set quickly. Remove the pan from the heat and add the fillings. Set the omelette under a broiler for 1 minute, and when the cheese is melted and the omelette has risen slightly, turn it out onto a plate.

Cautious style (8 minutes):

Heat the oil over medium-low heat in a medium-sized (10-inch) skillet. Add the batter and distribute the filling evenly over the eggs. When the omelette is set, turn out onto a plate.

Frittata Style Omelet

2 eggs
2 teaspoons milk
Pinch of salt
2 teaspoons grated parmesan cheese

2 tablespoons grated cheddar cheese
½ teaspoon olive oil
½ cup julienned bell peppers
1 tablespoon cooked mushrooms
1 tablespoon chopped scallions

Procedure:

Mix the eggs, milk, salt, parmesan and cheddar. Set aside. Heat the oil in an 8-inch, non-stick skillet over medium heat. Add the bell peppers, mushrooms and scallions, and cook until peppers are beginning to soften. Pour the batter over the vegetables, and stir well in the pan with a heatproof plastic scraper. When it is set and lightly browned on one side, flip it over and cook the other side to the same color. Serve open or folded.

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French Toast

4 beaten eggs
1/4 teaspoon vanilla
Pinch of nutmeg
1/4 teaspoon cinnamon

8 slices bread
1 teaspoon canola oil;
more as needed
Powdered sugar for garnish

Procedure:

Mix the eggs well with the vanilla and spices. Soak each (standard thickness) slice for two minutes on each side. Heat oil in a skillet over medium heat. Brown the bread gently on both sides, 2-3 minutes to the side. Dust with powdered sugar as a garnish.

Smoothie

1 banana, sliced
1 6-oz. container apricot-mango yogurt
1/2 cup orange juice

Procedure:

Blend all together.

Breakfast Burrito

2 eggs, scrambled with
cheese of your choice
1 strip bacon

4 small broccoli florets
2 heaping tablespoons salsa
1 10-inch flour tortilla

Procedure:

Lay all ingredients lengthwise down the center of the tortilla, and fold it up.