

# ~Brunch~



## Bloody Mary Punch

### Ingredients

- 1 (46-oz.) container vegetable juice, chilled
- 1 tablespoon freshly ground pepper
- 3 tablespoons fresh lime juice
- 1 tablespoon hot sauce
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon Old Bay seasoning
- 1/2 cup vodka (optional), chilled
- Celery sticks (optional)

### Preparation

1. Combine vegetable juice, next 5 ingredients, and, if desired, vodka in a punch bowl or a pitcher.
2. Serve over ice in glasses. Serve with celery sticks, if desired.



## Stuffed French Toast

### Ingredients

- 24 (1-ounce) slices cinnamon-raisin bread
- Cooking spray
- 3 cups 1% low-fat milk
- 2 cups egg (or egg substitute), divided
- 1 cup half-and-half
- 1 cup sugar, divided
- 1 tablespoon vanilla extract
- 1/8 teaspoon ground nutmeg
- 1 (8-ounce) block fat-free cream cheese, softened
- 1 (8-ounce) block 1/3-less-fat cream cheese, softened
- Cinnamon-sugar



### Preparation

1. Trim crusts from bread. Arrange half of the bread in a 13 x 9-inch baking dish coated with cooking spray.
2. Combine milk, 1 1/2 cups egg, half-and-half, and 1/2 cup sugar in a large bowl, stirring with a whisk. Pour half of milk mixture over bread in dish.
3. Combine 1/2 cup egg, 1/2 cup sugar, vanilla, nutmeg, and cheeses in a food processor or blender; process until smooth. Pour cream cheese mixture over moist bread in dish. Top with remaining bread; pour remaining milk mixture over bread. Cover and refrigerate 8 hours or overnight.
4. Preheat oven to 350°.
5. Uncover and bake at 350° for 55 minutes. Let stand 10 minutes before serving. Sprinkle with cinnamon-sugar.

## Eggs Benedict

### Ingredients:

8 slices Canadian bacon - sauté until heated  
8 poached eggs  
4 English muffins (halved, toasted)

### Hollandaise Sauce:

3 egg yolks  
1 tbsp. lemon juice  
1 tbsp. cold water  
3/4 c. butter (1 1/2 sticks)  
Salt and pepper (white pepper)



(Crab and Asparagus Benedict Shown)

### Method

1. Combine egg yolks, lemon juice, salt, pepper and water in blender. Blend 10 seconds at high. Melt butter. As blender is running, add hot butter in a steady stream until mixture thickens (20 seconds). Serve immediately.
2. Layer English muffin with bacon, poached egg. Top with Hollandaise Sauce.

### VEGETARIAN EGGS BENEDICT:

Substitute Canadian Bacon for 1 (10 ounce) package frozen, creamed spinach - cooked according to directions.

Add 1 artichoke heart (un-marinated) for each muffin half.

Layer English muffin with spinach, eggs, artichoke heart. Top with sauce.

## Quiche Lorraine

### Ingredients:

- 1 deep 9 inch pie crust
- 1 small onion, diced
- 1/2 lb. bacon
- 1 lb.. Ham, diced
- 4 eggs
- 2 c. heavy cream
- 3/4 tsp. salt
- Little black pepper
- 4 to 6 oz. Swiss cheese, shredded



### Method:

1. Fry bacon until almost crisp, add onion and ham and fry until bacon is crisp and onions are tender. Drain the fat.
2. Place bacon/onion/ham mixture in the bottom of the pie shell. Top with Swiss cheese.
3. Slightly beat eggs, add cream, salt and pepper and mix. Pour over bacon and cheese in pie shell.
4. Bake at 425 degrees for 15 minutes. Reduce heat to 300 degrees and bake an additional 30 minutes until the top is golden brown.

## Cheddar cheese Grits Casserole

### Ingredients

- 4 cups milk
- 1/4 cup butter
- 1 cup uncooked quick-cooking grits
- 1 large egg, lightly beaten
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 cups (8 ounces) shredded sharp Cheddar cheese
- 1/4 cup grated Parmesan cheese
- Garnish: parsley sprigs

### Preparation

1. Bring milk just to a boil in a large saucepan over medium-high heat; gradually whisk in butter and grits. Reduce heat, and simmer, whisking constantly, 5 to 7 minutes or until grits are done. Remove from heat.
2. Stir in egg and next 3 ingredients. Pour into a lightly greased 11- x 7-inch baking dish. Sprinkle evenly with grated Parmesan cheese.
3. Bake, covered, at 350° for 35 to 40 minutes or until mixture is set. Serve immediately. Garnish, if desired.



## Whole Wheat Apricot Muffins

### Ingredients

- 1 cup all-purpose flour
- 2/3 cup whole wheat flour
- 1/2 cup sugar
- 1 1/4 teaspoons grated orange rind
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup low-fat buttermilk
- 1/4 cup butter, melted
- 1/2 teaspoon vanilla extract
- 1 large egg
- 1 cup finely chopped dried apricots
- Cooking spray



### Preparation

1. Preheat oven to 375°.
2. Lightly spoon flours into dry measuring cups; level with a knife. Combine flours, sugar, orange rind, baking soda, and salt in a large bowl, stirring with a whisk; make a well in center of mixture. Combine buttermilk, butter, vanilla, and egg; add to flour mixture, stirring just until moist. Fold in apricots.
3. Spoon batter into 12 muffin cups coated with cooking spray. Bake at 375° for 15 minutes or until muffins spring back when touched lightly in center. Remove muffins from pan, and place on a wire rack.

## Fruit salad with a Honey Yogurt Sauce

### Ingredients

- 1 cup vanilla low-fat yogurt
- 1 tablespoon honey
- 1 1/2 teaspoons grated lime rind
- 3 cups cubed pineapple (about 1 medium)
- 1 1/2 cups chopped apple (about 1 large)
- 1 cup orange sections (about 2 oranges)
- 1 cup chopped peeled kiwi (about 2 large)
- 1/3 cup flaked sweetened coconut
- 1 medium banana, sliced
- 1/4 cup slivered almonds, toasted

### Preparation

1. Combine yogurt, honey, and lime rind in a small bowl.
2. Combine pineapple and next 4 ingredients (through coconut) in a large bowl; toss gently to combine. Just before serving, stir in banana. Top fruit mixture with yogurt sauce; sprinkle with almonds.



## Cheesy Sausage and Egg Bake

### Ingredients:

- 1 pound bulk pork sausage, cooked and drained
- 1 1/2 cups sliced fresh mushrooms (4 ounces)
- 8 medium green onions, sliced (1/2 cup)
- 2 medium tomatoes, chopped (1 1/2 cups)
- 2 cups shredded mozzarella cheese (8 ounces)
- 1 1/4 cups Original Bisquick® mix
- 1 cup milk
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons chopped fresh oregano leaves or 1/2 teaspoon dried oregano leaves
- 1/2 teaspoon pepper
- 12 eggs

### Method:

1. Heat oven to 350°F. Grease rectangular baking dish, 13x9x2 inches. Layer sausage, mushrooms, onions, tomatoes and cheese in dish.
2. Stir remaining ingredients until blended. Pour over cheese.
3. Bake uncovered 30 to 35 minutes or until golden brown and set.



## Boston Brown Bread (Yield: 2 loaves)



### Ingredients:

- **Crisco**® Original No-Stick Cooking Spray
- 1 cup **Pillsbury BEST**® Whole Wheat Flour
- 1 cup rye flour
- 1 cup **Martha White**® Yellow Corn Meal
- 1 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 2 cups buttermilk
- 3/4 cup molasses
- 2 tablespoons **Crisco**® All-Vegetable Shortening, melted
- OR 2 tablespoons **Crisco**® All-Vegetable Shortening Sticks, melted
- 1 cup dark seedless raisins
- Softened cream cheese (optional)

### Method:

1. **SPRAY** four clean 1-pound vegetable or fruit cans generously with no-stick cooking spray.
2. **MIX** flours, cornmeal, baking powder, salt and baking soda in large bowl. Stir in buttermilk, molasses, shortening and raisins until well mixed.
3. **SPOON** batter into prepared cans. Cover with aluminum foil; secure foil by tying with string.
4. **PLACE** cans on a rack in a large kettle. Pour in boiling water to come halfway up sides of cans. Cover and simmer 2 1/2 to 3 hours. Pour in more boiling water if necessary to keep cans in boiling water to the halfway point.
5. **REMOVE** from kettle; remove foil. Cool in cans 10 minutes on rack. Invert loaves onto rack. Serve warm or cold with softened cream cheese.



## English Muffin Bread

### Ingredients

- Cornmeal
- 6 cups all-purpose flour
- 2 packages active dry yeast
- 1/4 teaspoon baking soda
- 2 cups milk
- 1/2 cup water
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 recipe Honey Butter (optional)



**Honey Butter:** In a small mixing bowl beat 1/2 cup softened butter and 1/4 cup honey with an electric mixer on low speed until combined. Cover and chill. Makes about 3/4 cup.

### Directions

1. Grease two 8x4x2-inch loaf pans. Lightly sprinkle pans with cornmeal to coat bottom and sides; set pans aside.
2. In a large mixing bowl combine 3 cups of the flour, the yeast, and baking soda; set aside. In a medium saucepan heat and stir milk, water, sugar, and salt just until warm (120 degree F to 130 degree F). Using a wooden spoon, stir milk mixture into flour mixture. Stir in remaining flour.
3. Divide dough in half. Place dough in prepared pans. Sprinkle tops with cornmeal. Cover and let rise in a warm place until double in size (about 45 minutes).
4. Bake in a 400 degree F oven about 25 minutes or until golden brown. Immediately remove bread from pans. Cool on wire racks. If desired, serve with Honey Butter. Makes 2 loaves (32 servings).

## Chocolate Croissants

### Ingredients:

- pillsbury frozen croissants
- nutella chocolate spread
- 1 egg
- baking sheet
- butter



### Method:

1. Preheat oven to 350 degrees
2. Place pillsbury croissants flat on greased baking pan
3. Place a spoonful of nutella in the center of each crossaint and roll croissants up
4. Brush egg yolk on tops of each croissant and place pan in oven. Cook for 15 minutes. .Remove and allow to cool completely before serving

