

1ST  
EDITION

ALL THE RECIPES YOU NEED

# TODAY'S COOKING

*Delicious Made Easy!*

## BREAKFAST



Each Volume has  
Hundreds of Recipes

Volume

- a. Appetizers
- b. Soup
- c. Sauces, Dressings & Seasonings
- d. Dairy & Egg
- e. Salads
- f. Vegetables
- g. Fruits
- h. Pasta, Grains & Breads
- i. Sweets  
Cookies/Cakes/Desserts
- j. Drinks

Volume

- k. Seafood  
Fish  
Shellfish
- l. Poultry  
Chicken  
Turkey & more
- m. Meats  
Beef  
Pork  
Lamb & more
- n. Casseroles/Stews
- o. Vegetarian
- p. **Miscellaneous**  
**Breakfast**

Cooking tips & tricks

Measures & equivalents



# TODAY'S COOKING

## Welcome!

[Skip Introduction](#)

### *Introduction*



I like to cook! I cook every day. Many years ago I owned a restaurant in the Caribbean, so I've known my way around the kitchen for quite some time. Since then I have continued to experiment, have tried new ways of doing things and searched for new recipes. This book is a compilation of just a few of those recipes that I have received, read and created over the years. Some are as is; some have been modified; some are original and some not so original. All are good, although a few "questionables" may have slipped in (if so, please let me know).

The premise here is that you know how to cook, but you're tired of the same old things and would like to add a little variety and zip to your meals, whether for entertaining and special occasions or simply Thursday night's dinner.

(To keep the file size within reason, photos of the dishes were not included.)

Feed mynde with myrth, thy mawe with meate

And eat to lyve not lyve to eate.

For gorging doth offend thy health,

Thy God, thy soul, thy witt and wealth.

(from a set of English roundels - approximately 1600 AD)

# TODAY'S COOKING

“Cooking is one of the oldest arts...” - Brillat-Savarin

“With money anyone can offer succulent dishes and famous wines, but courtesy and kindness cannot be bought.” - Lucien Tendret

“Intellectual men who quickly wolf down whatever nourishment is necessary for their bodies with a kind of disdain, may be very rational and have a noble intelligence, but they are not men of taste.” - Sainte-Beuve

“The cook is no less an artist...To give life to beauty, the painter uses a whole range of colours, musicians of sound, the cook of tastes - and it is indeed remarkable that there are seven colours, seven musical notes and seven tastes.” - Lucien Tendret

“The discovery of a new dish does more for the happiness of mankind than the discovery of a star.” - Brillat-Savarin

“Those who have a profound indifference to the pleasures of the table are generally gloomy, charmless and unamiable.” - Lucien Tendret

“The science which feeds men is worth at least as much as the one which teaches how to kill them.” - Brillat-Savarin

“Gastronomy is the joy of all conditions and all ages. It adds wit to beauty.”  
- Monselet

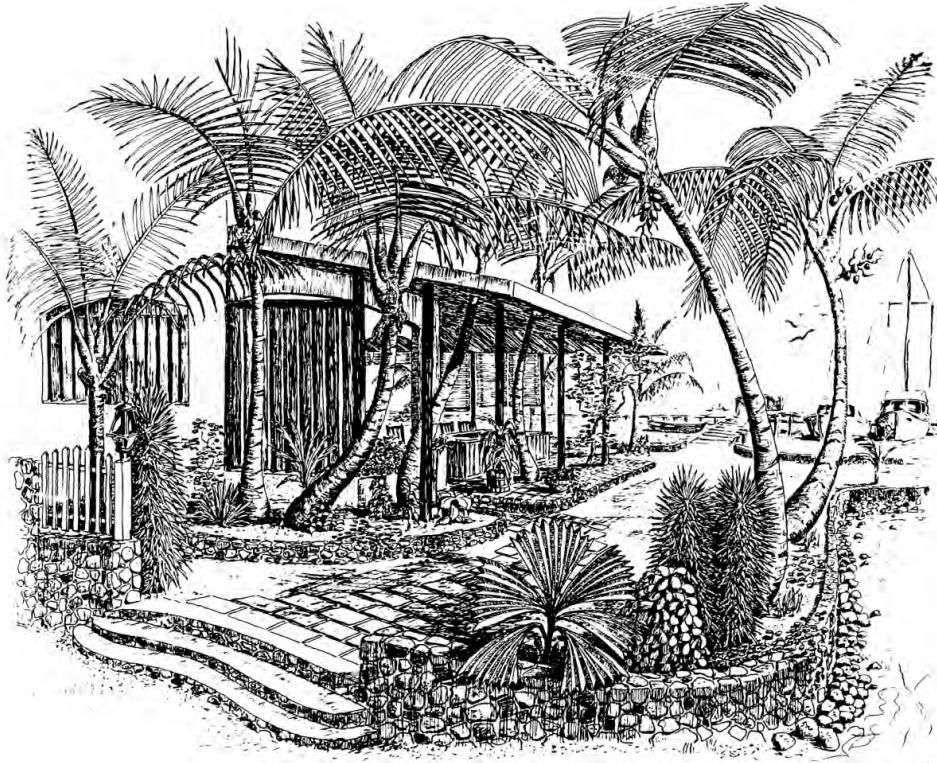
“The most indispensable quality of a cook is punctuality; it should also be that of a guest.” - Brillat-Savarin

“Good cookery is the food of a pure conscience.” - Des Essarts

“Those who give themselves indigestion or get drunk, do not know how to eat or drink.” - Brillat-Savarin

Hunger is nothing more than the need to eat. Appetite is anticipating the pleasure of eating well. - SD

# TODAY'S COOKING



Rusty Pelican Restaurant Sint Maarten Dutch West Indies 1979

# TODAY'S COOKING



## Contents

Page 4 of 30

Go to [Contents](#) [www.primebuys.com](http://www.primebuys.com)

# TODAY'S COOKING

Breakfast.....	7
French Toast - serves 4.....	7
Puffed French Toast - serves 4 .....	8
Mixed Berry Baked French Toast - serves 8 .....	8
Sweet Potato French Toast - serves 4 .....	9
Cinnamon Raisin Strata - serves 4 .....	9
French Toast Strata - serves 8.....	10
Breakfast Vegetable Strata - serves 8 to 10 .....	11
Scrambled Egg Muffins - makes 1 dz. ....	12
Hash Brown Breakfast Cups - serves 4 .....	12
Breakfast Quesadilla - serves 6 to 8 .....	13
Scrambled Eggs - serves 4.....	14
Baked Scrambled Eggs - serves 4.....	15
Bacon & Egg Skillet - serves 8 to 10 .....	15
Egg Custard - serves 4 .....	16
Buttermilk Pancakes - serves 4 to 6 (16 [4"] cakes) .....	16
Adirondack Flapjacks - serves 2.....	17
Zucchini Pancakes - serves 4.....	18
Herb & Vegetable Omelet - serves 4 .....	18
Golden Delight Pancakes - makes 20 (4") pancakes .....	19

# TODAY'S COOKING

Cornmeal Pancakes - makes 12.....	19
Banana Smoothie - serves 2.....	20
Sausage & Egg Breakfast Casserole - serves 6 to 8 .....	21
Ham & Cheese Breakfast Casserole - serves 6.....	21
Breakfast Casserole - serves 6 .....	22
Breakfast Casserole #2 - serves 8 to 10.....	23
Baked Eggs Benedict - serves 12.....	23
Bacon & Eggs Casserole - serves 8.....	24
Easy Strawberry Breakfast Jam - makes 4 cups.....	25
Crab & Egg Florentine - serves 8 .....	25
Black Bean Frittata - serves 6 to 8.....	26
Breakfast Dutch Baby - serves 4 .....	27
French Toast Wedges - servings 6/2 wedges each .....	28

# TODAY'S COOKING

## Breakfast

For more Egg Recipes also see Eggs and  
Quiche, Soufflés and Tarts and Casseroles Cookbooks

### FRENCH TOAST - SERVES 4

#### Ingredients

1. 4 Tbs. butter
- 
2. 1 tsp. ground cinnamon
3. 1/4 tsp. ground nutmeg
4. 2 Tbs. sugar
- 
5. 4 eggs
6. 2 Tbs. milk
7. 1/2 tsp. vanilla extract
- 
8. 8 slices challah, brioche, or white bread
9. 1/2 cup maple syrup, warmed

#### Preparations

1. In a 10-inch or 12-inch skillet, melt butter over medium heat.
2. In a medium-sized bowl, combine items 2, 3 & 4. Add items 5, 6 & 7 and whisk until completely blended.
3. Pour into a shallow container such as a pie plate and dip the bread into the egg mixture. Fry the slices until golden brown, 2 to 3 minutes; turn and cook the other side. Serve with syrup.

# TODAY'S COOKING

## PUFFED FRENCH TOAST - SERVES 4

### Ingredients

1. 4 eggs
2. 1-1/2 cups half-and-half or milk
3. 1/2 tsp. nutmeg
4. 1 tsp. ea. vanilla extract and sugar
5. pinch of salt
6. 1/2 Tbs. butter

### Preparations

1. Preheat the oven to 350 degrees F.
2. In a shallow bowl whisk the first 5 items until completely blended.
3. Heat the butter in a large, nonstick skillet over medium heat. Working in batches, dip 8 slices white bread, challah or brioche in the egg mixture and cook in the skillet until golden, 2 to 3 minutes per side, adding more butter as needed.
4. Transfer to a baking sheet and bake until puffed, 8 to 10 minutes. Meanwhile, melt 4 tablespoons butter in the same skillet until browned, about 5 minutes. Drizzle the French toast with the browned butter and maple syrup.

## MIXED BERRY BAKED FRENCH TOAST - SERVES 8

### Ingredients

1. 6 large eggs
2. 1-3/4 cups fat-free milk
3. 1 teaspoon sugar
4. 1 teaspoon ground cinnamon
5. 1 teaspoon vanilla extract
6. 1/4 teaspoon salt
- 
7. 1 loaf (1 pound) French bread, cubed
8. 1 package (12 ounces) frozen unsweetened mixed berries
9. 2 tablespoons cold butter
10. 1/3 cup packed brown sugar

# TODAY'S COOKING

Optional: Confectioners' sugar and maple syrup

## Preparations

1. Whisk together the first 6 items. Place bread cubes in a 13x9-in. or 3-quart baking dish coated with cooking spray. Pour egg mixture over top. Refrigerate, covered, 8 hours or overnight.
2. Preheat oven to 350°. Remove berries from freezer and French toast from refrigerator and let stand while oven heats. Bake, covered, 30 minutes.
3. In a small bowl, cut butter into brown sugar until crumbly. Top the toast with berries; and sprinkle with brown sugar mixture. Bake, uncovered, until a tooth pick inserted in the center comes out clean, 15-20 minutes. Dust with confectioners' sugar and serve with syrup.

## SWEET POTATO FRENCH TOAST - SERVES 4

### Ingredients

1. 1/4 cup mashed sweet potatoes
2. 4 eggs
3. 1/8 teaspoon ground cinnamon
4. 1/8 teaspoon ground nutmeg
5. 8 slices whole wheat bread

### Preparations

1. Whisk together the sweet potato, eggs, cinnamon, and nutmeg until smooth. Dip the bread into the egg mixture on both sides for several seconds until the bread is moist all the way through.
2. Heat a large, lightly-oiled skillet over medium heat. Cook the French toast in batches until golden brown on each side and no longer wet in the center, about 4 minutes per side.

## CINNAMON RAISIN STRATA - SERVES 4

### Ingredients

1. 4 Tbs. softened butter
2. 3 Tbs. ground cinnamon
3. 8 slices stale raisin bread
4. 6 eggs, lightly beaten

# TODAY'S COOKING

5. 4 Tbs. brown sugar, divided
6. 1-1/2 cups milk
7. 3 Tbs. maple syrup
8. 1 tsp. vanilla extract

## Preparations

1. Combine the first 2 items and spread on one side of the bread slices. Place 4 slices butter side up in a square baking dish and sprinkle with 2 Tbs. of sugar. Repeat
2. Whisk together items 4 through 8 and pour over the dish; cover and refrigerate.
3. Preheat the oven @ 350°F (180°C). Let the dish sit at room temperature for 30 minutes before baking. Bake, uncovered, for 40 to 50 minutes. Test with a toothpick. Rest 10 minutes before serving.

## FRENCH TOAST STRATA - SERVES 8

### Ingredients

1. 1 loaf (1 lb.) cinnamon bread
2. 8 eggs, lightly beaten
3. 1 pkg. (8 oz.) cream cheese, cubed
4. 2-1/2 cups milk
5. 1/4 cup maple syrup
6. 6 Tbs. butter
- 
7. 1/2 cup sugar
8. 1/2 tsp. cinnamon
9. 4 tsp. cornstarch
10. 1 cup apple cider
11. 1 Tbs. lemon juice
12. 2 Tbs. butter

## Preparations

1. Place half the bread into a greased, 13"x 9" baking dish. Add the cheese and then the rest of the bread.
2. Combine items 2 through 6 in a blender and process until smooth. Pour over the dish; cover and refrigerate.

# TODAY'S COOKING

3. Preheat the oven @ 350°F (180°C). Let the dish sit at room temperature for 30 minutes before baking. Bake, uncovered, for 35 to 40 minutes. Test with a toothpick. Rest 10 minutes before serving.
4. Combine items 7, 8 & 9 in a small saucepan. Whisk in items 10 & 11; bring to a boil and cook, stirring until thickened. Serve with the strata.

## BREAKFAST VEGETABLE STRATA - SERVES 8 TO 10

### Ingredients

1. 2 Tbs. olive oil, divided
2. 3 bell peppers, 1 ea. green, red & yellow, julienned
3. 1 large red onion, sliced
4. 2 garlic cloves, minced or pressed
5. 2 ea. medium yellow squash and zucchini, sliced thin
6. 1/2 lb. sliced mushrooms
- 
7. 1 pkg. (8 oz.) softened cream cheese
8. 1/4 cup heavy whipping cream
9. 2 tsp. salt
10. 1 tsp. pepper
- 
11. 6 eggs,
- 12.
13. 8 slices of bread, cubed, divided
14. 1-1/2 cups milk
15. 2 cups (8 oz.) shredded Swiss cheese, divided

### Preparations

1. Heat 1 Tbs. of the oil in a large skillet and sauté the peppers and onion until tender. Add the garlic and cook 1 minute. Remove to a paper towel lined plate.
2. Add the remaining oil and sauté items 5 & 6 until tender. Remove to a paper towel lined plate.
3. Preheat the oven @ 325°F (170°C).
4. Beat items 7 through 10 until smooth. Beat in the eggs; stir in the vegetables, half of the bread and the cheese.
5. Line the bottom of a greased, 10" springform pan with the rest of the bread. Place the pan on a baking sheet and pour the egg/veggie mixture into the springform pan.

# TODAY'S COOKING

6. Bake, uncovered, for 60 to 70 minutes. Test with a toothpick. Rest 10 minutes before serving. Run a knife around the side of the pan; remove the side and cut into wedges.

## SCRAMBLED EGG MUFFINS - MAKES 1 DZ.

### Ingredients

1. 1/2 lb. bulk pork sausage
2. 12 large eggs
3. 1/2 cup chopped onion
4. 1/4 cup chopped green pepper
5. 1/2 tsp. salt
6. 1/4 tsp. garlic powder
7. 1/4 tsp. pepper
8. 1/2 cup shredded cheddar cheese

### Preparation

1. Preheat oven @ 350°F (180°C).
2. In a large skillet, cook sausage over medium heat until no longer pink; drain.
3. In a large bowl, beat eggs. Add items 3 through 7. Stir in the sausage and cheese.
4. Spoon by 1/3 cupfuls into greased muffin cups. Bake 20 to 25 minutes or until a toothpick inserted in the center comes out clean.

### To freeze:

Cool muffins; cover and place on waxed paper-lined baking sheets and freeze until firm. Store in a freezer container. To use, place in greased muffin pan; cover loosely with foil and reheat in a preheated 350° oven.

## HASH BROWN BREAKFAST CUPS - SERVES 4

### Ingredients

1. 1 large egg
2. 1/4 tsp. salt

# TODAY'S COOKING

3. 1/8 tsp. pepper
4. 2 cups frozen shredded hash brown potatoes, thawed
5. 1/4 cup shredded Asiago cheese

## Filling Ingredients

1. 3 large eggs
2. 1 Tbs. minced fresh chives
3. 1/3 cup shredded Colby-Monterey Jack cheese
4. 1/3 cup thinly sliced fresh baby spinach
5. 2 bacon strips, cooked and crumbled

## Preparation

1. Preheat oven @ 400° F (200° C). Grease 8 muffin cups.
2. In a bowl, whisk the first 3 items until blended; stir in the last 2 items. To form crusts, press about 1/4 cup potato mixture onto bottom and up sides of each prepared muffin cup. Bake until light golden brown, 14 to 17 minutes.
3. For the filling, in a small bowl, whisk eggs and chives until blended; stir in cheese and spinach. Spoon into crusts; top with bacon. Bake until 6 to 8 minutes or until a toothpick inserted in the center comes out clean.

**To Freeze:** Freeze cooled cups. Reheat on a baking sheet in a preheated 350° F (180° C) oven until heated through, 5 to 10 minutes

## BREAKFAST QUESADILLA - SERVES 6 TO 8

### Ingredients

1. 1 Tbs. olive oil
2. 1 bell pepper, chopped
3. 1 medium onion, thinly sliced
4. 1 garlic cloves, minced or pressed
5. 3 cups fresh corn kernels or frozen corn kernels, thawed
6. 1 Tbs. minced, fresh chives or 1 tsp. dried
7. 1 Tbs. minced, fresh parsley or 1 tsp. dried
8. 1/2 tsp. salt
9. 1/4 tsp. pepper

# TODAY'S COOKING

- - 10. 4 eggs, lightly beaten
  - 11.
  - 12. 4 (10") flour tortillas
  - 13. 1/2 cup salsa
  - 14. 1 cup (8 oz.) sour cream
  - 15. 1 cup (4 oz.) shredded cheddar cheese
  - 16. 1 cup (4 oz.) shredded mozzarella cheese

## Preparations

1. In a large skillet heat the oil over medium and sauté items 2 & 3 until tender. Add the garlic and cook 1 minute. Stir in items 5 through 9 and cook about 3 minutes. Add the eggs and cook, stirring occasionally until set. Remove from the heat.
2. Preheat the oven @ 350°F (180°C).
3. Place a tortilla on a lightly greased pizza pan and layer 1/3 each of the egg mixture, salsa, sour cream and 1/4 of the cheeses. Repeat twice and finish with the remaining tortilla and cheeses.
4. Bake for 10 minutes until the cheese melts. Cut into wedges and serve with more salsa and sour cream.

## SCRAMBLED EGGS - SERVES 4

### Ingredients

1. 8 large eggs plus 2 large yolks
2. 1/4 cup half and half
3. 3/8 tsp. salt & 1/4 tsp. pepper or to taste
4. 1 Tbs. chilled unsalted butter

### Preparation

1. Whisk together items 1 through 3 until color is pure yellow. Do not over whisk.
2. Heat butter in a 10 inch skillet over medium-high heat until foaming subsides - do not brown.
3. Add egg mixture and using a rubber spatula, continually scrape along bottom and sides of the skillet until eggs just start to clump (1 1/2 to 2 1/2 minutes). Reduce heat\* to low and continue to gently fold eggs until clumped and slightly wet (30 to 60 seconds). Serve immediately on warm plates.

# TODAY'S COOKING

4. Variations: Top with 2 Tbs. chopped parsley, cilantro, basil or chives - 1 Tbs. chopped tarragon or dill.
- \* If using an electric cooktop, because a burner that is turned down still retains too much heat for too long, set one burner on medium-high and another on low heat. When appropriate, switch the skillet from the high to the low heat burner.

## BAKED SCRAMBLED EGGS - SERVES 4

### Ingredients

1. 5 Tbs. butter total
2. 5 eggs
3. 1/3 cup milk or light cream
4. 1/2 tsp. salt & 1/4 tsp. pepper or to taste
5. 3 slices 1/4" thick of Swiss cheese
6. 1/3 cup fine dry bread crumbs

### Preparation

1. Heat oven to 400F (200C). Melt 2 Tbs. of the butter. Add items 2, 3 & 4 to the melted butter and beat well. Cook over low heat, stirring constantly until mixture starts to set.
2. Pour into a well buttered 9" pie pan. Let eggs continue to set and then cover the eggs with the cheese. Dot with remaining butter and sprinkle with the crumbs. Bake in oven 10 minutes or until golden brown. Cut into wedges to serve.

## BACON & EGG SKILLET - SERVES 8 TO 10

### Ingredients

1. 1/2 lb. bacon, cooked (reserve 1 Tbs. fat), crumbled
2. 1 small onion, chopped
3. 1 cup milk
4. 9 eggs, beaten
5. 1/4 tsp. salt & 1/4 tsp. pepper or to taste
6. 1 to 2 tsp. pizza seasoning

# TODAY'S COOKING

7. 1 (15 oz.) can diced tomatoes, well drained
8. 2 cups shredded cheddar

## Preparation

1. Preheat oven @ 400F (200C).
2. In an oven-safe skillet cook the onions in the bacon fat until golden.
3. In a large mixing bowl beat the milk into the eggs. Stir in ingredients 5, 6 & 7 plus the bacon. Pour mixture into skillet; top with cheese and bake 30 to 40 minutes.

## EGG CUSTARD - SERVES 4

### Ingredients

1. 1 Tbs. sugar
2. 6 eggs
3. 3 cups milk
4. Grated rind of 1 lemon

### Preparation

1. Heat oven to 350° F (180° C). Combine all ingredients and beat well. Pour into a well buttered shallow baking dish. Bake for 30 minutes or until just set.

## BUTTERMILK PANCAKES - SERVES 4 TO 6 (16 [4"] CAKES)

### Ingredients

1. 2 cups unbleached all-purpose flour (lower protein flour such as Gold Medal or Pillsbury. For higher protein flour such as King Arthur, add one or two additional Tbs. of buttermilk)
2. 2 Tbs. sugar
3. 1/2 tsp. salt
4. 1 tsp. baking powder
5. 1/2 tsp. baking soda
6. 2 cups buttermilk
7. 1/4 cup sour cream
8. 2 large eggs

# TODAY'S COOKING

9. 3 Tbs. butter
10. 1 or 2 tsp. vegetable oil or spray oil

## Preparation

1. Whisk together ingredients 1 through 5 until well combined. Make a large depression in the center.
2. Whisk together ingredients 6 through 9 and add to the dry mix. Stir gently until just combined. Do not over mix, the batter should be lumpy. Allow to sit 10 minutes.
3. Heat a large non-stick skillet over medium heat until hot. Use a paper towel to wipe the inside of the skillet with oil or use spray oil. Drop a Tbs. of batter in the center of the skillet. If after 1 minute the bottom is golden brown, the skillet is at the correct temperature. Otherwise adjust heat accordingly.
4. Use 1/4 cup measure to portion the batter and cook four at a time. Cook until edges are set and the surface bubbles start to break, about 2 to 3 minutes. Flip and cook another 1 to 2 minutes. Serve immediately or keep warm in a 200F (100C) oven.

## ADIRONDACK FLAPJACKS - SERVES 2

### Ingredients

1. 4 eggs, separated
2. 2 Tbs. sugar
3. 1/2 tsp. salt
4. 2 cups milk
5. 2 Tbs. butter, melted
6. 2 cups flour
7. 2 tsp. baking powder

### Preparation

1. Beat the egg yolks. Add items 2 through 7 and beat well.
2. Beat the egg whites until soft peaks form. Add to the batter; mix well and cook on a hot griddle.

# TODAY'S COOKING

## ZUCCHINI PANCAKES - SERVES 4

### Ingredients

1. 6 to 8 Tbs. flour
2. 1 tsp. salt
3. 1 tsp. baking powder
4. 1/2 tsp. baking soda
5. 1/2 tsp. pepper
6. 2 regular sized zucchini, grated
7. 2 Tbs. grated onion
8. 2 large eggs, whipped
9. Oil and butter for frying

### Preparation

1. Whisk together items 1 through 5. Work in items 6, 7 & 8. Form pancakes and fry for 2 minutes a side.

## HERB & VEGETABLE OMELET - SERVES 4

### Ingredients

1. 8 eggs, separated
2. 1/4 cup water
3. 1/2 tsp. salt
4. 2 Tbs. canola oil
- 
5. 1 medium zucchini, cut into bite-sized pieces
6. 1 medium yellow squash, cut into bite-sized pieces
7. 2 Tbs. canola oil
8. 1/4 tsp. thyme
9. 1/2 tsp. salt
10. Pepper to taste
- 
11. 4 oz. cheddar cheese

# TODAY'S COOKING

## Preparation

1. Preheat oven to 350°F (180°C)
2. With an electric mixer on high, beat the whites until stiff peaks form.
3. In a smaller bowl combine the yolks, water and salt and beat on high until thick. Gently fold the yolks into the whites. In a 12" oven-proof skillet, heat the oil over medium-high. Add the eggs and cook until the top is puffy and the bottom is golden, about 3 minutes. Transfer the skillet to the oven and bake 10 minutes.
4. Meanwhile heat another skillet with the remaining oil and sauté items 6 through 10. Loosen the omelet and spoon the vegetables over half of the omelet; top with the cheese and fold the omelet in half.

## GOLDEN DELIGHT PANCAKES - MAKES 20 (4") PANCAKES

### Ingredients

1. 1 cup cottage cheese
2. 6 eggs
3. 1/2 cup sifted flour
4. 1/4 tsp. salt
5. 1/4 cup canola oil
6. 1/4 cup milk
7. 1/2 tsp. vanilla extract

## Preparation

1. Blend all the ingredients on high for 1 minute. Drop the batter by the 1/4 cup full onto a hot, greased griddle. This will also make great waffles. Both pancakes and waffles can be frozen and reheated in a toaster or microwave.

## CORNMEAL PANCAKES - MAKES 12

### Ingredients

1. 1-1/3 cups all-purpose flour
2. 2/3 cup cornmeal
3. 2 Tbs. sugar

# TODAY'S COOKING

4. 4 tsp. baking powder
5. 1 tsp. salt
- 
6. 2 large eggs
7. 1-1/3 cups milk
8. 1/4 cup canola oil

## Preparations

1. In a bowl combine the first five items. In another bowl, whisk together the last 3 items and stir into the dry ingredients just until moistened. Mix the batter quickly and gently (there may still be a few lumps) after combining your other ingredients.
2. Pour batter by 1/4 cupfuls onto a lightly greased hot griddle. **Do not** press down on the cakes with a spatula. Turn when bubbles on top begin to pop; cook until second side is golden brown. Serve with syrup.

**Bacon variation:** Stir 4 to 6 cooked and crumbled bacon strips into the prepared batter.

**Blueberry variation:** Stir 3/4 cup of fresh blueberries and 1 tsp. lemon zest into the prepared batter.

**Cranberry variation:** Stir 3/4 cup chopped fresh cranberries and 1 tsp. orange zest into the prepared batter.

## BANANA SMOOTHIE - SERVES 2

### Ingredients

1. 1 medium banana, peeled & coarsely chopped
2. 2 cups fat-free milk
3. 1 pkg. fat-free, sugar-free instant vanilla pudding mix

### Preparation

1. Combine all ingredients in a blender and process until smooth.

# TODAY'S COOKING

## SAUSAGE & EGG BREAKFAST CASSEROLE - SERVES 6 TO 8

### Ingredients

1. 2 lbs. sausage
2. 2-1/2 cups herb-seasoned croutons
3. 2 cups shredded cheddar cheese
4. 1/4 lb. (1-1/2 cups) sliced mushrooms
5. 6 eggs
6. 1-1/2 cups milk
7. 1 can ( oz.) cream of mushroom soup
8. 3/4 tsp. dry mustard

### Preparation

1. Preheat oven to 300° F (150° C).
2. Cook the sausage and drain on paper towels.
3. Grease a 8" x 8" baking dish and layer the bottom with the croutons; top with items 3 & 4 and the sausage. Beat together the remaining items and pour over the casserole. Bake 1-1/2 hours.

## HAM & CHEESE BREAKFAST CASSEROLE - SERVES 6

### Ingredients

1. 4 large eggs
2. 4 egg whites
3. 1 cup non-fat milk
4. 2 Tbs. Dijon mustard
5. 1 tsp. minced fresh rosemary
6. 1/4 tsp. black pepper or to taste
7. 5 cups chopped spinach, blanched, drained and squeezed dry
8. 4 cups cubed whole-grain bread, crusts removed
9. 1 cup diced ham
10. 1/2 cup chopped roasted red peppers
11. 3/4 cup shredded Gruyere or Swiss cheese

# TODAY'S COOKING

## Preparation

1. Preheat oven to 375F (190C) and spray a 2 quart casserole dish.
2. Whisk together the milk, eggs and egg whites. Set aside.
3. In a large bowl, combine ingredients 4 through 10. Add the egg mixture and mix well. Transfer to the casserole dish; pack well; cover with foil and bake 45 minutes.
4. Uncover; top with the cheese and continue baking for another 15 to 20 minutes or until the casserole is puffed up and golden brown. Cool on a rack for 15 minutes before serving.

## BREAKFAST CASSEROLE - SERVES 6

### Ingredients

1. 6 slices white bread
2. 6 oz. (1-1/2 cups) ea. shredded sharp cheddar & Monterey Jack cheeses
3. 1 (4 oz.) can of chopped green chilies
4. 6 eggs
5. 2 cups milk
6. 2 tsp. of paprika
7. 1/2 tsp. ea. dried oregano & black pepper
8. 1/4 tsp. ea. garlic powder & dry mustard
9. Pinch of salt
10. Chopped cilantro

## Preparation

1. Preheat the oven @ 325° F (170° C)
2. 13" by 9" baking pan lightly buttered (or sprayed with oil).
3. Place bread in the bottom of the pan and sprinkle with items 2, 3 & 4.
4. Whisk together the eggs and remaining ingredients.
5. Pour over casserole. Cover and refrigerate 8-10 hours.
6. Remove from refrigerator and let stand 30 minutes
7. Bake uncovered for 50 minutes.
8. Top with cilantro and let stand 5 minutes or more before serving.

# TODAY'S COOKING

## BREAKFAST CASSEROLE #2 - SERVES 8 TO 10

### Ingredients

1. 2 slices white bread
2. 1 cup milk
3. 1/2 stick (4 Tbs.) butter
4. 4 large green onions, chopped
5. 10 oz. muenster cheese
6. 1/2 cup chopped parsley
7. 1 can (4 oz.) sliced mushrooms
8. 12 eggs
9. 1 tsp. ea. salt & pepper
10. Paprika

### Preparation

1. Preheat the oven @ 400° F (200° C).
2. Lightly butter (or use cooking spray) a large casserole dish.
3. Use a food processor to finely crumb the bread. Add the milk and let sit 5 minutes.
4. In a large skillet over medium-low heat, melt the butter and sauté the onions and mushrooms for 5 minutes.
5. Finely chop the cheese and mix with the parsley.
6. To the food processor add items 8 & 9 and 1/3 cup water. Process 10 seconds and pour into the skillet. Raise the heat to medium and cook, stirring, until soft curds form, about 5 minutes. Do not let the eggs set. Spread half of the egg into the casserole dish. Sprinkle with half the cheese mixture and repeat the layer. Cover and refrigerate overnight. Remove from the refrigerator and let stand 30 minutes. Sprinkle with paprika and bake, uncovered, 18 to 20 minutes or until brown and puffy.

## BAKED EGGS BENEDICT - SERVES 12

### Ingredients

1. 3/4 lb. Canadian bacon
2. 6 croissants, cut into 1/2-inch cubes
-

# TODAY'S COOKING

3. 10 large eggs
4. 2 cups half'n'half or milk
5. 3 green onions, chopped
6. 1 tsp. ea. onion powder, ground mustard & dried tarragon
7. 1/2 tsp. ea. salt & white pepper
8. Paprika
9. 1 envelope bearnaise sauce

## Preparation

1. Place half of the Canadian bacon in a greased 13x9-in. baking dish. Layer with croissants and remaining Canadian bacon.
2. In a large bowl, whisk together items 3 through 7 and pour into the baking dish. Sprinkle with paprika and refrigerate, covered, several hours or overnight.
3. Preheat oven @ 375° F (190° C). Remove casserole from refrigerator and let stand 30 minutes. Bake, covered, 30 minutes. Bake, uncovered, 15-20 minutes longer or until a knife inserted in the center comes out clean. Let stand 5-10 minutes before serving.

## BACON & EGGS CASSEROLE - SERVES 8

### Ingredients

1. 12 slices bacon
2. 6 green onions, chopped
3. 12 eggs
4. 1-1/2 cups milk
5. 1 tsp. ea. salt & pepper
6. 3-3/4 cups (15 oz.) Monterey Jack cheese
7. Paprika

## Preparation

1. Preheat the oven @ 300° F (150° C).
2. Lightly butter (or use cooking spray) a 3 quart casserole dish.
3. Cook the bacon until crispy. Drain on paper towels and crumble
4. Sauté the onion in 1 Tbs. of bacon drippings. Beat items 3, 4 & 5 together and add to the onions along with 3 cups of the cheese. Pour into the casserole dish and bake 30 to 40 minutes. Sprinkle with the rest of the cheese and some paprika. Bake until the cheese melts.

# TODAY'S COOKING

## EASY STRAWBERRY BREAKFAST JAM - MAKES 4 CUPS

### Ingredients

1. 2 quarts of ripe strawberries, washed, stemmed and dried
2. Juice of 1 lemon
3. 1 tsp. vanilla extract
4. 8 cups sugar
- 
5. 2 boxes fruit pectin
6. 1-1/2 cups boiling water

### Preparation

1. Mash the strawberries and add items 2, 3 & 4. Stir well and set aside 15 minutes.
2. Stir the pectin into the water and boil for 1 minute, stirring constantly. Remove from the heat and add the strawberry mixture. Stir until the sugar is completely dissolved.
3. Fill plastic freezer containers to within 1/2" of the top; cover and let sit overnight. Refrigerate up to a month or freeze for up to a year.

## CRAB & EGG FLORENTINE - SERVES 8

### Ingredients

1. 1 pkg. (20 oz.) refrigerated shredded hash browns
2. 1 Tbs. olive oil
- 
3. 1 pkg. frozen chopped spinach, thawed and squeezed dry
4. 4 oz. Swiss cheese, cubed
5. 4 oz of crab meat (or shrimp)
- 
6. 8 eggs, lightly beaten
7. 1/2 cup milk or buttermilk
8. 1 Tbs. pesto
9. 1 cup biscuit mix
10. Salt & pepper to taste
11. 1-1/2 cups shredded Asiago or Cheddar cheese

# TODAY'S COOKING

12. 2 Tbs. minced basil

## Preparation

1. Preheat oven @ 350F (180C).
2. In a large bowl thoroughly combine the first 2 items. Press into a 13"x9" baking dish. Bake about 25 minutes or until edges are browned.
3. Mix together items 3 & 4; place on the crust and top with the ham or any of the alternatives.
4. Whisk together items 6, 7 & 8. Stir in items 9, 10 & 11.
5. Bake, uncovered for 25; sprinkle on the basil and bake another 5 minutes. Let set 10 minutes before serving.

## BLACK BEAN FRITTATA - SERVES 6 TO 8

### Ingredients

1. 6 eggs plus 3 egg whites
2. 1/4 cup salsa
3. 1 Tbs. chopped parsley
4. 1/4 tsp. each salt & pepper
- 
5. 1 Tbs. olive oil
6. 3 green onions, finely chopped
7. 1/3 cup each green and red bell peppers, finely chopped
8. 2 cloves garlic, minced or pressed
9. 8 oz. black beans, drained and rinsed
10. 1/2 cup cheddar cheese
11. 3 garlic cloves, minced or pressed
12. Fresh cilantro and sliced olives
13. Additional salsa

### Preparations

1. Preheat the broiler.
2. Whisk together the first 4 items.
3. Heat the oil in a 10" cast iron or ovenproof skillet over medium-high. Add items 6 & 7 and cook 4 minutes. Add garlic and cook 1 minute. Add the beans and stir. Reduce heat to medium.

# TODAY'S COOKING

4. Stir in the egg mixture and cook, uncovered, until nearly set, 5 to 6 minutes. Top with the cheese and broil 3 to 4 minutes. Let stand 5 minutes. Top with the cilantro and olives. Serve with salsa on the side.

## BREAKFAST DUTCH BABY - SERVES 4

### Ingredients

1. 1 qt. strawberries, washed and trimmed
2. 2 tsp. powdered sugar
3. 2 tsp. lemon zest, divided in half
4. 2 Tbs. lemon juice
- 
5. 1 Tbs. cornstarch
6. 2/3 cup milk
7. 1 Tbs. unsalted butter, melted\*
8. 1/2 cup flour
9. 2 large eggs, room temperature
10. 1 large egg white
11. 1-1/2 Tbs. unsalted butter, melted\*
- 
12. 2 Tbs. crushed unsalted pistachios

### Preparation

1. Preheat oven to 450° F (220° C) and place an 10" cast-iron skillet on center rack.
2. Combine ingredients 1, 2, half of 3 & 4. Use a blender to completely combine ingredients 5 through 10 and remaining zest.
3. Remove skillet and coat with cooking spray; add the butter and swirl to coat bottom and sides. Place half the meat on the bottom of the skillet; add the batter and bake 20 minutes.
4. Remove the skillet from the oven; top with the strawberry mix and sprinkle with the nuts. Slice and serve immediately.

# TODAY'S COOKING

## FRENCH TOAST WEDGES - SERVINGS 6/2 WEDGES EACH

### Ingredients

1. 1 loaf unsliced white bread
2. 3 eggs
3. 1 tsp. vanilla extract
4. 1 Tbs. sugar
5. 3 cups milk
6. Butter

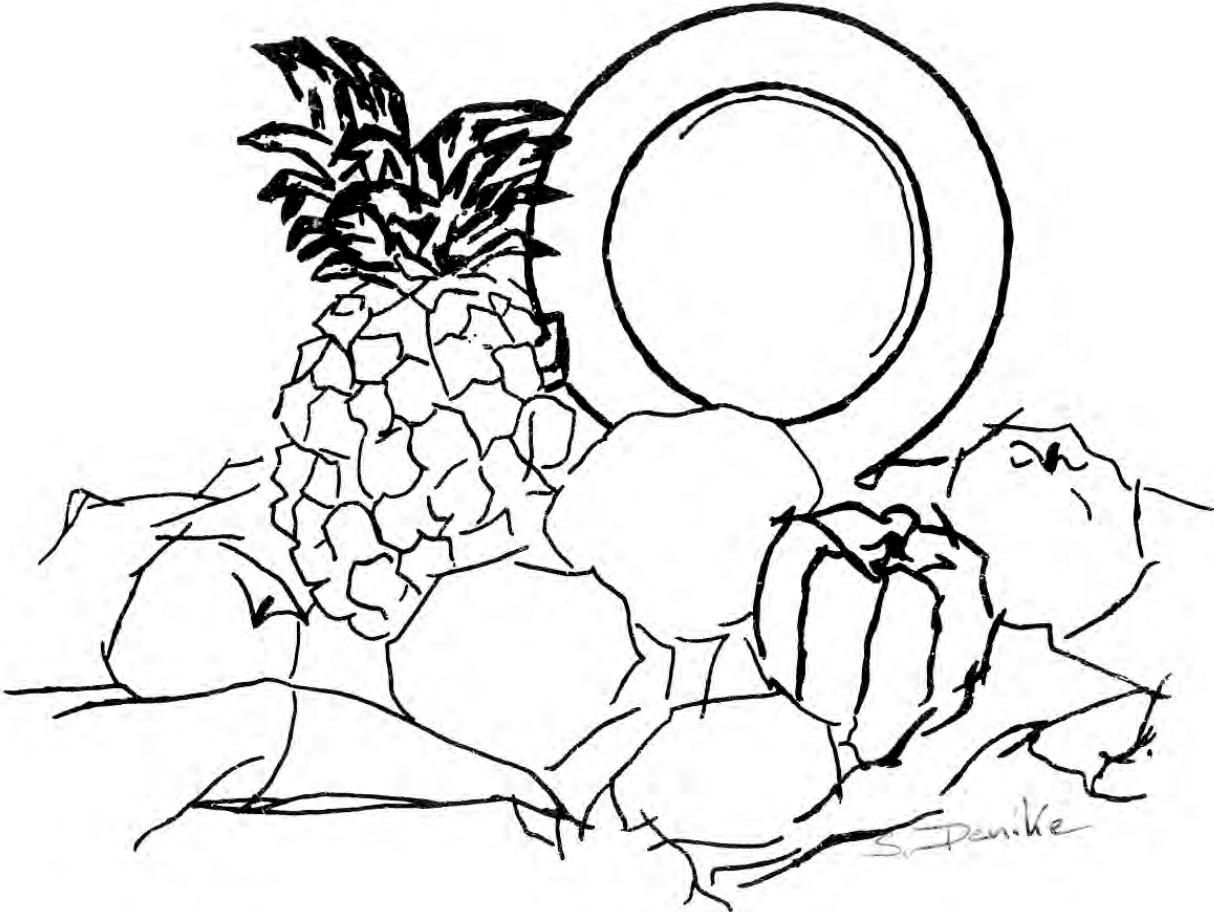
### Preparation

1. Cut the loaf into 2" thick slices (6 or 7 slices per loaf). Cut each slice diagonally into 2 wedges.
2. Beat items 2 through 5. Soak the wedges in the mixture and fry in butter until golden.

# TODAY'S COOKING



# TODAY'S COOKING



BUON APPETITO!	EET SMAKELIJK	¡BUEN APETITO!	BOM APETITE!	BON APPÉTIT !
ITALIAN	DUTCH	SPANISH	PORTUGUESE	FRENCH

GUTEN APPETIT!	ITADAKIMASU	SMAKLIG MÅLTID!	CHIĀH HOK	DA KANA!
GERMAN	JANANESE	SWEDISH	TAIWANESE	FIJIAN

VÆR SÅ GOD!	KALÍ ÓREKSI!	E 'AI KĀUA	KRIPYĀ BHOJAN KĀ ĀNNAĀND LJĪYAI
DANISH	GREEK	HAWAIIAN	HINDI

NIZHÓNÍGO ADÍYÍJÍL	GIN HÂI A-RÒI	JAL MEOKKESSEUMNIDA	ES GEZUNTERHEYT!
NAVAJO	THAI	KOREAN	YIDDISH

SMAKLIG MÅLTID!	POFTĂ BUNĂ!	MWYNHEWCH EICH BWYD!	THOKOLEZA UKUDLA!
SWEDISH	ROMANIAN	WELSH	ZULU

SMACZNEGO!	TAMA'A	VÆR SÅ GOD!	ĂN NGON NHÉ	BIL-HANĀ' WA ASH-SHIFĀ'
POLISH	TAHITIAN	NORWEGIAN	VIETNAMESE	ARABIC