

## -- Spencer's Weekly Recipes --

### Spinach and Sun-Dried Tomato Scramble



- 2 large eggs
- Scant 1/8 tsp. kosher salt
- 1/2 tbsp. extra-virgin olive oil
- A pinch of red pepper flakes
- Packed 1/2 cup baby spinach
- 1 sun-dried tomato half, finely chopped
- 1 heaping tbsp. finely chopped roasted bell pepper (about 1/4 a pepper's worth)
- 1 tbsp. grated parmesan cheese, plus more for garnish
- Freshly cracked black pepper, to taste
- Chopped fresh parsley, for garnish, optional
- Toast, for serving, optional

#### Directions

1. Beat together the eggs and salt in a small mixing bowl until homogenous and frothy.
2. Add the olive oil to a medium nonstick skillet, heat for about 1 min. over medium-high heat, then add the red pepper flakes and spinach and cook until the spinach is almost wilted, stirring occasionally. Add the sun-dried tomatoes and bell pepper, and cook for 30 more seconds, stirring occasionally. Add the egg and cook, stirring constantly for 30 seconds to 1 minute or until the egg looks not quite soft-cooked. (The residual heat from the skillet will continue to cook the eggs.) Remove from the heat, add the parmesan, stir to combine, and transfer to a plate. Finish with pepper and a sprinkling of parsley. Serve with toast.

<http://www.popsugar.com/food/Scrambled-Eggs-Spinach-Bell-Peppers-37438038>



### Breakfast Fun Facts

- For many young children, there could be as many as 14 hours between supper and breakfast the next morning.
- One in ten children skips breakfast, which can severely limit their ability to learn.
- Children should get one quarter of their daily nutrition at breakfast.
- Fortified kids' breakfast cereals contain almost 50% more vitamin A, B6, folic acid and vitamin C than cooled oats porridge with milk.
- Research shows that children who eat breakfast have healthier weights than children who skip breakfast and also perform better on memory tests.
- The ideal breakfast should be high in carbohydrates, rich in nutrients and low in fat.
- UK data has shown that breakfast cereals are the leading source of iron, a major source of B vitamins, and the provider of 10 percent of fiber in the diets of young people.
- The average home has 4 - 6 cereals in the storage cupboard. Cereals are made from grains, to which are added ingredients such as sugar, chocolate, honey and fruits.
- In the UK, breakfast cereals contribute to 7% of added sugar intake. Topping the list are soft drinks (35%), and confectioneries, biscuits, cakes and pastries (35%) and table sugar (8%).
- <http://www.health24.com/Diet-and-nutrition/Nutrition-basics/12-interesting-breakfast-facts-20120721>

### Cheddar, Bacon, and Leek Frittata



- 4 oz. (3-4 slices) thick-cut bacon, cut into 1/2-inch-wide strips
- Neutral oil, such as canola or grapeseed,
- 1 medium leek, thinly sliced, cleaned

### Whole-Wheat, Buttermilk, and Orange Pancakes

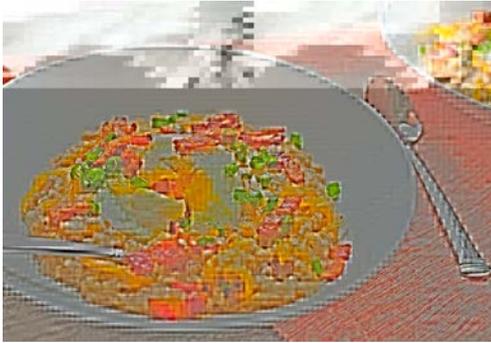
- 2 tbsp. butter, softened
- 1/4 tsp. grated orange rind
- 3/4 tsp. fresh orange juice
- 3.5 oz. white whole-wheat flour (about 3/4 cup)
- 3.4 oz. unbleached all-purpose flour (about 3/4 cup)
- 2 tbsp. sugar
- 1 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 3/8 tsp. salt
- 1 1/2 cups low-fat buttermilk
- 1/4 cup fresh orange juice
- 1 tbsp. canola oil
- 1 large egg
- 1 large egg white
- Cooking spray
- 3/4 cup maple syrup



#### Preparation

1. Combine first 3 ingredients.
  2. Weigh or lightly spoon flours into dry measuring cups; level with a knife. Combine flours and next 4 ingredients (through salt) in a medium bowl, stirring with a whisk. Combine buttermilk, 1/4 cup juice, oil, and 1 egg in a small bowl, stirring with a whisk. Add buttermilk mixture to flour mixture, stirring just until moist; let stand 15 minutes. Place egg white in a medium bowl; beat with a whisk until medium peaks form. Gently fold egg white into batter.
  3. Preheat a griddle to medium heat. Coat pan with cooking spray. Spoon 1/4 cup batter per pancake onto griddle. Cook 3 minutes or until edges begin to bubble and bottom is browned. Turn pancakes over; cook 3 minutes or until done. Serve with orange butter and syrup.
- <http://www.myrecipes.com/recipe/wheat-buttermilk-orange-pancakes>

# Bacon Cheddar Savory Oatmeal



The perfect change for the savory breakfast lover. This oatmeal is served with crispy bacon, gooey cheese, and fresh chives!

2 strips thick bacon, chopped  
2 tablespoons diced onion  
1 cup rolled oats  
2 cups water  
2-3 oz. cheddar cheese, grated  
2 large eggs, over easy  
Salt and pepper  
Fresh chives, garnish

## Directions

- 1) Roughly chop bacon and add to a medium pot over low heat. Cook slowly, rendering out bacon fat until bacon is crispy, about 10 minutes.
- 2) Remove crispy bacon bits from pan and drain off most the bacon grease, leaving about a tablespoon. Add diced onion and cook for a minute, using the onion to scrape up any bits stuck to the pan.
- 3) Add rolled oats to the pan and stir for 15 seconds. Then add water. Bring to a simmer, turn heat down to low, and simmer for 8-10 minutes until oatmeal is thick. Season with a pinch of salt and pepper.
- 4) Meanwhile, cook eggs over-easy.
- 5) Right before serving, stir in grated cheddar cheese.

Divide oatmeal between two bowls. Sprinkle with cheddar cheese and crispy bacon. Top each bowl with an over-easy egg and fresh chives.

<https://www.macheesmo.com/bacon-cheddar-savory-oatmeal/>

6 scallions, thinly sliced  
6 large eggs  
Kosher salt and freshly ground black pepper  
4 oz. (about 1 1/4 cups) grated extra-sharp cheddar cheese  
1 1/2 tablespoons olive oil

## Directions

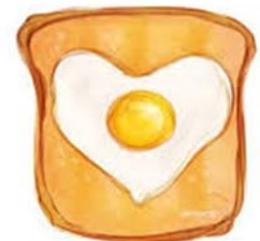
1. Add bacon to a large (8-10-inch) ovenproof skillet set over medium heat; cook until the bacon is just cooked through and has begun to crisp up, about 5 min. Use a slotted spoon to remove the bacon to a paper-towel-lined plate, and set aside.
2. Add neutral oil to the rendered bacon fat (if necessary) to thinly coat the bottom of the pan. Add the leek, and cook (stirring occasionally) until it wilts and begins to become translucent, about 2 min. Season with a hefty pinch of salt, and add the scallions. Cook for another 2-3 min., or until softened and both have begun to brown. Transfer green onions to a bowl, and wipe the skillet clean.
3. Set an oven rack 4-6 inches from the broiler, and preheat the broiler.
4. Beat the eggs, a pinch of salt, and a few cracks of freshly ground pepper together in a large mixing bowl until no streaks of yolk remain. Mix in the cheddar, bacon, leek, and scallions.
5. Warm the olive oil in the skillet set over medium-high heat. When it's hot, add the egg mixture and lower the heat to medium-low. Let cook for a minute or so, and then shake the pan a few times to make certain the eggs aren't fused to the bottom of the pan. If the egg mixture is sticking, then carefully loosen it from the pan with a thin rubber spatula. Cook until the eggs are set and the top is just shy of dry, about 10 min.
6. Transfer the pan to the oven and broil until golden brown and fully set. This will go fast (1-3 min., depending on the strength of your broiler), so check often.
7. Serve warm or at room temperature.  
<http://www.popsugar.com/food/Cheddar-Bacon-Leek-Frittata-28182031>

# Morning Pecan Casserole

- 1- 8 oz. pkg. brown & serve sausage patties  
Nonstick cooking spray  
1-16 oz. loaf raisin bread, cubed  
6 eggs  
1 1/2 cups milk  
1 1/2 cups light cream or half-and-half  
1 tsp. vanilla  
1/4 tsp. ground nutmeg  
1/4 tsp. ground cinnamon  
1 cup packed brown sugar  
1 cup coarsely chopped pecans  
1/2 cup butter or margarine, softened  
2 tbsp. maple syrup or maple-flavored syrup
- Directions**



1. In a medium skillet brown the sausage patties on both sides over medium-high heat. Drain off the fat; cut patties into bite-size pieces.
2. Meanwhile, spray a 3-quart rectangular (13x9x2-inch) baking dish with nonstick cooking spray. Place bread cubes in dish. Add browned sausage pieces.
3. In a large mixing bowl beat together the eggs, milk, cream, vanilla, nutmeg, and cinnamon. Pour over bread and sausage, pressing bread and sausage into the egg mixture. Cover and refrigerate for 8 hours or overnight.
4. For topping, in a bowl combine brown sugar, pecans, butter, or margarine and maple syrup. Drop by teaspoonfuls over top of egg mixture.
5. Bake in a 350° F oven for 35 to 40 min. or until a knife inserted near center comes out clean. Makes 10 servings.  
<http://www.midwestliving.com/recipe/eggs/morning-pecan-casserole>



NO. SERIOUSLY.  
EAT BREAKFAST.