

IN THIS CHAPTER

- » Adding sizzle to your morning
- » Making cereal, pancakes, and beyond
- » Identifying breakfast recipes when you're in a rush

Chapter 1

Breakfast and Brunch, Reimagined

RECIPES IN THIS CHAPTER

- 🕒 **Gluten-Free Granola**
- 🕒 **Pumpkin Pecan Parfait**
- 🕒 **Cinnamon Breakfast Cereal**
- 🕒 **Perfect Pancakes**
- 🕒 **Cornmeal Pancakes**
- 🕒 **Whole-Grain Buttermilk Waffles**
- 🕒 **Vegan Flax Raisin Muffins**
- 🕒 **Breakfast Bread Pudding**
- 🕒 **Baked Chocolate Lava Oatmeal**
- Brunch Pizza**
- Make-Ahead Brunch Casserole**
- 🕒 **Potato Tomato Pie**

If you eat dinner at 6 p.m. and wake up at 7 a.m., you'll have fasted for more than 13 hours before you sit down to breakfast. At that point, your body's blood sugar levels are screaming for nourishment. Eating breakfast jump-starts your metabolism so it works harder and more efficiently all day. Simply put, never skip breakfast.

Forget the excuse, "I don't have time for breakfast." There are foods that you can take in the car and eat as you commute to work. At the very least, you can grab a piece of fruit, a container of yogurt, and a health bar. Some foods can be prepared the night before so that, in the morning, you can put them in the oven while you shower, and they're ready by the time you're dressed. Now, did that cover all the "I don't have time for breakfast" excuses? Besides, after making the recipes in this chapter, you'll wake up each morning anticipating your first meal of the day.

🍳 Eggs in a Gluten-Free Breadbasket

Pepperoni Frittata

🍳 Curried Chard with “Poached” Egg

Breakfast Quiche

Crab Quiche

Mini Pancetta Quiches

🍳 Maple Soufflé

🍳 Breakfast Biscuit Bread

🍳 Lemon Cranberry Cornmeal Scones

🍳 Cranberry Pear Coffeecake

🍳 Cinnamon Apple Fritters

🍌 Banana Split Breakfast

🍌 Simple, Stylin’ Smoothie

🍌 Piña Colada Smoothie

🍌 Broiled Grapefruit



TIP

Many of the recipes in this chapter call for a flour mixture. See Book 5, Chapter 2 for a no-fail gluten-free recipe.

Starting the Day the Gluten-Free Way

Most people climb out of bed, shuffle into the kitchen, and pop some bread into the toaster or pour a bowl of cereal — you can, too. You just have to make sure your bread and cereal are gluten-free.



TIP

If you have gluten eaters in the house, you need to be certain that your toast isn’t contaminated by their toast crumbs. The easiest way to do this is to have two toasters or to use Toast-It! Bags. With these bags, you insert the bread into the bag and then insert the bag into the toaster. The bag allows heat to penetrate so the bread will toast, but no crumbs or essence of crumbs can cling to the toaster. These bags are great to take with you when you’re traveling so you can have toast on the road without fear of cross-contamination.

But you are about to realize that breakfast is so much more than mere bread and cereal.

Gluten-Free Granola

PREP TIME: 30 MIN

COOK TIME: 2 HR

YIELD: 12 SERVINGS

INGREDIENTS

2 cups (500mL) puffed rice cereal
2 cups (500mL) puffed corn cereal
1 cup (250mL) Perky's Crunchy Rice cereal
1 cup (250mL) Kashi Cranberry Sunshine cereal
1 cup (250mL) roasted peanuts
2 teaspoons (10mL) vanilla extract
½ cup (125mL) light corn syrup
½ cup (125mL) honey
¼ cup (60mL) vegetable oil
½ cup (125mL) raisins
½ cup (125mL) dried cranberries
Nonstick cooking spray

DIRECTIONS

- 1 Preheat the oven to 250 degrees F (120 degrees C). In a large bowl, combine the puffed rice cereal, puffed corn cereal, Perky's Nutty Rice cereal, Kashi Cranberry Sunshine cereal, and peanuts.
- 2 In a small saucepan, heat the vanilla extract, light corn syrup, honey, and oil over medium heat (it just needs to get warm so it flows more easily; don't overheat it). Stir the mixture occasionally as it heats.
- 3 Pour the warm honey mixture over the dry ingredients, mixing it thoroughly. Place the mixture on large baking sheets coated with nonstick spray. Bake the granola for 2 hours, stirring every 15 minutes to keep the mixture from sticking.
- 4 Carefully add the raisins and cranberries to the hot granola, folding them into the mixture so they're well mixed. Let the granola cool to room temperature and serve.

PER SERVING: *Calories 288 (From Fat 98); Fat 11g (Saturated 1g); Cholesterol 0mg; Sodium 91mg; Carbohydrate 46g (Dietary Fiber 3g); Protein 5g.*

Pumpkin Pecan Parfait

PREP TIME: 5 MIN

YIELD: 1 SERVING

INGREDIENTS

1 cup (250mL) plain yogurt
2 tablespoons (30mL) pumpkin puree
¼ teaspoon (1.25mL) cinnamon
¼ cup (60mL) chopped pecans
1 tablespoon (15mL) honey

DIRECTIONS

- 1** In a small bowl, stir together the yogurt, pumpkin, and cinnamon.
- 2** In a large drinking glass, layer half the yogurt mixture, half the pecans, and half the honey. Repeat.

NOTE: Make sure you purchase plain pumpkin puree and not pumpkin pie filling for this recipe.

VARY IT! To make this dairy-free and vegan, try almond yogurt.

VARY IT! Use vanilla-flavored yogurt and cut the honey to ½ tablespoon or just a drizzle.

PER SERVING: *Calories 436 (From Fat 228); Fat 25g (Saturated 4g); Cholesterol 15mg; Sodium 174mg; Carbohydrate 42g (Dietary Fiber 5g); Protein 16g.*

Cinnamon Breakfast Cereal

PREP TIME: 4 MIN

COOK TIME: 5 MIN

YIELD: 2 SERVINGS

INGREDIENTS

2 cups (500mL) cooked brown rice
1 cup (250mL) milk
2 tablespoons (30mL) brown sugar
1/8 teaspoon (0.6mL) cinnamon
3/4 teaspoon (3.75mL) vanilla
2 tablespoons (30mL) maple syrup
1 tablespoon (15mL) butter
2 tablespoons (30mL) raisins
1/3 cup (80mL) toasted pecan pieces

DIRECTIONS

- 1 Place all the ingredients in the top of a double boiler over boiling water, stirring frequently, for about 5 minutes.
- 2 When the cereal is thoroughly warmed, spoon it into 2 serving bowls.

TIP: To speed things up in the morning, cook the rice the night before or use leftover dinner rice.

NOTE: If you prefer a more liquid cereal, add more warmed milk.

PER SERVING: *Calories 605; Fat 25g (Saturated 7g); Cholesterol 27mg; Sodium 108mg; Carbohydrates 88g (Dietary Fiber 6g); Protein 11g.*

Perfect Pancakes

PREP TIME: 5 MIN

COOK TIME: 15 MIN

YIELD: 5 SERVINGS

INGREDIENTS

1¼ cups (310mL) all-purpose gluten-free flour

½ tablespoon (7.5mL) sugar

1 teaspoon (5mL) baking powder

½ teaspoon (2.5mL) baking soda

¼ teaspoon (1.25mL) salt

2 eggs, beaten

2 tablespoons (30mL) melted butter or vegetable oil

1 cup (250mL) milk

½ teaspoon (2.5mL) vanilla extract

Butter for serving

Maple syrup for serving

DIRECTIONS

1 In a medium bowl, mix together the flour, sugar, baking powder, baking soda, and salt.

2 Add the eggs, butter or oil, milk, and vanilla to the flour mixture. Stir to thoroughly combine the batter.

3 Spray a flat pan or griddle with nonstick cooking spray and heat the pan over medium to medium-high heat.

4 For each pancake, ladle ¼ cup batter onto the hot pan. When the pancakes begin to puff, form small bubbles, and become lightly browned on the edges (after about a minute), flip the pancakes over with a spatula and cook the other side.

5 Serve the pancakes with butter and a touch of maple syrup.

TIP: Make your own pancake mix by measuring and mixing the dry ingredients (Step 1) and storing them in a plastic bag. Be sure to write the rest of the ingredients and directions on the bag.

PER SERVING (2 PANCAKES): Calories 206 (From Fat 83); Fat 9g (Saturated 5g); Cholesterol 93mg; Sodium 368mg; Carbohydrate 26g (Dietary Fiber 3g); Protein 7g.

Cornmeal Pancakes

PREP TIME: 15 MIN

COOK TIME: 5 MIN

YIELD: 4 TO 5 SERVINGS

INGREDIENTS

3 eggs

1 cup (250mL) buttermilk

1½ cups (375mL) Light Cakey Corn Bread Mix without shortening (see Book 5, Chapter 2)

¼ cup (60mL) vegetable or neutral oil like safflower or sunflower

DIRECTIONS

- 1 Preheat the griddle over medium heat.
- 2 In a large bowl, beat the eggs until they're light and fluffy and then add the buttermilk, Light Cakey Corn Bread Mix, and oil. Beat until the batter is uniform and all one color. Because this batter has no gluten, the pancakes won't get tough no matter how long you beat!
- 3 Sprinkle the griddle with a few drops of water. When the water sizzles and disappears quickly, the griddle is ready.
- 4 Grease the griddle with unsalted butter. Pour the batter onto the griddle, using a ¼-cup measuring cup.
- 5 Cook until the batter rises, the pancake edges set and look cooked, and bubbles form on the surface, about 2 to 5 minutes.
- 6 Carefully turn the pancakes with a spatula and cook for 2 minutes longer. Serve immediately.

NOTE: You can substitute other types of milk for the buttermilk in this recipe, including almond milk, rice milk, and soy milk. Because buttermilk is more acidic than these other milk types, add a teaspoon of lemon juice to the milk and let it sit for a few minutes before using.

PER SERVING: *Calories 512 (From Fat 301); Fat 33g (Saturated 11g); Cholesterol 200mg; Sodium 495mg; Carbohydrate 46g (Dietary Fiber 3g); Protein 10g.*

Whole-Grain Buttermilk Waffles

PREP TIME: 15 MIN

COOK TIME: 8 MIN

YIELD: 4 WAFFLES

INGREDIENTS

3 eggs

4 tablespoons (60mL) butter,
melted and cooled, or neutral
oil like sunflower or safflower

2 tablespoons (30mL) sugar

1 teaspoon (5mL) vanilla

1 cup (250mL) buttermilk

1¼ cups minus 1 teaspoon
(166g) Whole-Grain Flour Mix
(see Book 5, Chapter 2)

½ cup minus 1 teaspoon (71g)
White Flour Mix (see Book 5,
Chapter 2)

1 tablespoon (15mL) baking
powder

½ teaspoon (2.5mL)
baking soda

¼ teaspoon (1.25mL) salt

DIRECTIONS

- 1** In a medium bowl, beat together the eggs, butter, sugar, vanilla, and buttermilk until combined.
- 2** In a large bowl, combine the Whole-Grain Flour Mix, White Flour Mix, baking powder, baking soda, and salt; mix well.
- 3** Pour the wet ingredients into the dry ingredients and mix just until combined.
- 4** Preheat a waffle iron according to the appliance's instructions. The iron has to be hot for the best waffle texture.
- 5** Spray the waffle iron with nonstick cooking spray.
- 6** Add enough batter to evenly cover the bottom waffle surface. The amount you use depends on your waffle iron; follow the instructions. Close the iron and bake until the steaming stops, about 7 to 8 minutes.

PER SERVING: *Calories 398 (From Fat 151); Fat 17g (Saturated 9g);
Cholesterol 193mg; Sodium 702mg; Carbohydrate 53g (Dietary Fiber 2g);
Protein 11g.*

Vegan Flax Raisin Muffins

PREP TIME: 26 MIN

COOK TIME: 30 MIN

YIELD: 18 MUFFINS

INGREDIENTS

1 cup (150g) dark raisins
¼ cup (60mL) golden flaxseeds
1½ cups plus 1 teaspoon (206g) Whole-Grain Flour Mix (see Book 5, Chapter 2)
1 cup minus 2 teaspoons (142g) White Flour Mix (see Book 5, Chapter 2)
⅓ cup (125mL) packed light brown sugar
2 teaspoons (10mL) baking powder
1 teaspoon (5mL) baking soda
½ teaspoon (2.5mL) sea salt
⅓ cup (80mL) olive oil
1 teaspoon (5mL) vanilla
1⅓ cups (330mL) applesauce

DIRECTIONS

- 1 Preheat the oven to 350 degrees F (180 degrees C). Grease 18 muffin cups or line them with paper liners. Place the raisins in a small bowl; pour hot water over them to cover and soak for 15 minutes; drain.
- 2 Start the food processor and add the flaxseeds through the feed tube while it's running to break them up. You can either grind them to a fine powder or just break the seed coats to add texture to the muffins. Add the drained raisins to the food processor and puree.
- 3 In a medium bowl, combine the Whole-Grain Flour Mix, White Flour Mix, brown sugar, baking powder, baking soda, and salt and mix until the mixture is one color. Add the mixed flours, olive oil, vanilla, and applesauce to the food processor with the raisins and flaxseeds. Process until completely combined.
- 4 Spoon the batter into the prepared muffin cups, filling each $\frac{2}{3}$ full. Bake for 28 to 30 minutes, or until the muffins spring back when lightly touched and are golden-brown. Cool the muffins in the pan for 3 minutes and then move them to a wire rack to cool completely.

PER SERVING: *Calories 171 (From Fat 45); Fat 5g (Saturated 1g); Cholesterol 0mg; Sodium 182mg; Carbohydrate 31g (Dietary Fiber 2g); Protein 2g.*

Breakfast Bread Pudding

PREP TIME: 10 MIN PLUS
REFRIGERATION TIME

COOK TIME: 20 MIN

YIELD: 9 SERVINGS

INGREDIENTS

4 eggs
2/3 cup (160mL) whole milk
1/2 teaspoon (2.5mL) cinnamon
4 teaspoons (20mL) vanilla
1/2 cup (125mL) plus
1 tablespoon (15mL)
brown sugar
1/4 teaspoon (1.25mL) baking
powder
6 slices gluten-free bread
3/4 cup (180mL) raisins
2 tablespoons (30mL) dark rum
Nonstick cooking spray
1 banana, sliced thinly
2 teaspoons (10mL) cinnamon
sugar
3 tablespoons (45mL) maple
syrup

DIRECTIONS

- 1 In a large bowl, whisk together the eggs, milk, cinnamon, vanilla, 1/2 cup (125mL) of the brown sugar, and baking powder.
- 2 Cut the bread slices into small cubes and then stir them into the egg mixture. Cover the mixture and refrigerate it for at least 2 hours.
- 3 In a small bowl, stir the raisins into the rum. Cover the mixture and let it cure at room temperature for at least 2 hours.
- 4 Preheat the oven to 400 degrees F (200 degrees C). Spray a 9-x-9-inch baking pan with cooking spray.
- 5 Stir the raisins into the bread mixture.
- 6 Spoon half of the soaked bread into the prepared pan. Slice the banana on top of the bread and sprinkle with remaining 1 tablespoon (15mL) brown sugar. Spoon the remaining bread over the banana slices, pouring any remaining egg mixture on top. Press down gently on the bread cubes to even out the top.
- 7 Sprinkle the top of the pudding with cinnamon sugar.
- 8 Bake the pudding at 400 degrees F (200 degrees C) for 20 minutes, or until the top is lightly browned. Remove the pudding from the oven and drizzle it with maple syrup. Cool the pudding for 10 minutes before cutting.

NOTE: Because of the soaking time required, assemble this the night before.

VARY IT! Use orange juice in place of the rum.

PER SERVING: Calories 239; Fat 5g (Saturated 1g); Cholesterol 96mg; Sodium 72mg; Carbohydrate 43g (Dietary Fiber 2g); Protein 4g.

Baked Chocolate Lava Oatmeal

PREP TIME: 5 MIN

COOK TIME: 25 MIN

YIELD: 12 SERVINGS

INGREDIENTS

2 cups (500mL) rolled oats (not instant)

¼ cup (60mL) butter

½ cup (125mL) brown sugar

2 eggs

2 cups (500mL) whole milk

1 teaspoon (5mL) vanilla

1 teaspoon (5mL) baking powder

¼ cup (12 teaspoons) (60mL) chocolate hazelnut spread

1 banana, sliced into 12 pieces

DIRECTIONS

- 1 Preheat the oven to 375 degrees F (190 degrees C).
- 2 Combine the oats, butter, brown sugar, eggs, milk, vanilla, and baking powder in a microwave-safe dish. Stir until well mixed. Microwave the oatmeal mixture on high for 4 minutes.
- 3 Place 12 paper muffin cups in a regular muffin pan. Fill each paper cup halfway with the oatmeal mixture.
- 4 On top of each muffin cup of oatmeal, place 1 teaspoon of the chocolate hazelnut spread and 1 slice of banana.
- 5 Top each muffin cup with the remaining oatmeal mixture. Bake for 15 minutes.

VARY IT! Use jam, almond butter, or peanut butter instead of chocolate hazelnut spread for a different version of this decadent breakfast.

TIP! Freeze your leftovers. When you're ready to enjoy an oatmeal cup, reheat it in the microwave for about 1 minute.

PER SERVING: *Calories 191 (From Fat 74); Fat 8g (Saturated 4g); Cholesterol 47mg; Sodium 69mg; Carbohydrate 25g (Dietary Fiber 2g); Protein 5g.*

Brunch Pizza

PREP TIME: 10 MIN

COOK TIME: 20 MIN

YIELD: 8 SERVINGS

INGREDIENTS

8 eggs

One 20-ounce (567g) package refrigerated hash browns

A dash of salt

A dash of black pepper

½ cup (125mL) milk

1½ cups (375mL) shredded cheddar cheese

¼ cup (60mL) chopped green bell pepper

¼ cup (60mL) sliced mushroom

¼ cup (60mL) bacon (a couple of slices), cooked and crumbled

¼ cup (60mL) chopped ham, fully cooked

¼ cup (60mL) cooked spinach

DIRECTIONS

- 1 Preheat the oven to 400 degrees F (200 degrees C). Spray a 14-inch pizza pan with nonstick cooking spray (or use any similar size of low-rimmed, oven-safe pan).
- 2 In a medium bowl, beat 1 egg and then stir in the hash browns. Spread the hash browns in the prepared pizza pan all the way to the edges. Pat down the hash-brown crust with the back of a spoon. Sprinkle the crust with a dash of salt and pepper and bake it for 15 minutes.
- 3 While the crust is baking, whisk together the remaining 7 eggs and the milk in a microwave-safe bowl. Cook the eggs in the microwave on high for 3 minutes. Stir. Cook an additional 3 minutes. Stir the eggs again.
- 4 When the crust is baked, remove it from the oven and spread the egg mixture evenly over the crust. Top the eggs with cheese, bell pepper, mushroom, bacon, ham, and spinach. Return the pan to the oven and bake for another 5 minutes, or until the cheese is melted. Cut the pizza into 8 wedges.

PER SERVING: *Calories 188 (From Fat 92); Fat 10g (Saturated 4g); Cholesterol 200mg; Sodium 310mg; Carbohydrate 12g (Dietary Fiber 1g); Protein 12g.*

Make-Ahead Brunch Casserole

PREP TIME: 20 MIN

COOK TIME: 35 MIN

YIELD: 6 SERVINGS

INGREDIENTS

Nonstick cooking spray
3 large Idaho potatoes, boiled, peeled, and diced
5 hard-boiled eggs, peeled and diced
¾ pound (341g) low-salt ham, cut into ½-inch cubes
¼ medium green pepper, minced
½ medium onion, minced
2 tablespoons (30mL) chopped fresh parsley
¼ teaspoon (1.25mL) pepper
1 cup (250mL) plus
2 tablespoons (30mL) grated sharp cheddar cheese
2 tablespoons (30mL) butter, melted
2½ tablespoons (37.5mL) cornstarch
One 8-ounce (227g) container sour cream
Paprika

DIRECTIONS

- 1 Preheat the oven to 375 degrees F (190 degrees C). Lightly spray a 9-x-9-inch baking dish with cooking spray.
- 2 Place the diced potatoes, eggs, ham, green pepper, and onion in the baking dish. Sprinkle the parsley, pepper, and 1 cup (250mL) of cheese on top; using a spoon, toss the ingredients lightly to distribute the cheese evenly.
- 3 In a small bowl, stir together the melted butter, cornstarch, and sour cream (the mixture will be thick). Spoon tablespoon-fuls of the mixture on top of the casserole. With the back of the spoon, smooth the topping to cover the casserole evenly.
- 4 Sprinkle the top with the remaining 2 tablespoons (30mL) of cheese and paprika.
- 5 Bake the casserole for 35 minutes. Let the dish set for 5 minutes before serving.

PER SERVING: *Calories 524; Fat 28g (Saturated 10g); Cholesterol 281mg; Sodium 722mg; Carbohydrate 42g (Dietary Fiber 4g); Protein 26g.*

Potato Tomato Pie

PREP TIME: 15 MIN

COOK TIME: 65 MIN

YIELD: 8 SERVINGS

INGREDIENTS

Nonstick cooking spray
2 cups (500mL) firmly packed
grated raw potatoes
¼ teaspoon (1.25mL) salt
2 eggs
¼ cup (60mL) grated onion
3 or 4 medium tomatoes, sliced
⅛-inch (0.3cm) thick
½ teaspoon (2.5mL) oregano
¼ teaspoon (1.25mL) pepper
1 teaspoon (5mL) Italian
seasoning
8 slices bacon, cooked crisp
and crumbled
¾ cup (180mL) grated
Parmesan cheese
¾ cup (180mL) mayonnaise
⅓ cup (80mL) seasoned gluten-
free breadcrumbs

DIRECTIONS

- 1 Preheat the oven to 400 degrees F (200 degrees C). Spray a 9-inch pie plate with cooking spray. Put the potatoes in a colander or sieve, sprinkle with salt, and set aside for 5 minutes. In a medium bowl, whisk the eggs. Squeeze the excess water from the potatoes and add them to the eggs. Stir in the onion. Put the mixture into the pie plate. Using the back of a spoon, pat the pan on the bottom and sides.
- 2 Bake the crust for 35 minutes. Remove the pan from the oven and reduce the temperature to 350 degrees F (175 degrees C). Layer half of the tomato slices onto the bottom of the baked crust. Sprinkle with half of the pepper and Italian seasoning and half of the bacon. Repeat the layer with the remaining tomatoes, pepper, Italian seasoning, and bacon.
- 3 In a small bowl, mix the cheese and mayonnaise. Dollop on top of the tomatoes and then spread it to cover the top of the pie. Sprinkle the breadcrumbs on. Bake the pie uncovered for 30 minutes, or until the breadcrumbs begin to brown.

PER SERVING: *Calories 222; Fat 15g (Saturated 4g); Cholesterol 76mg; Sodium 645mg; Carbohydrate 14g (Dietary Fiber 1g); Protein 9g.*

Eggs in a Gluten-Free Breadbasket

PREP TIME: 5 MIN

COOK TIME: 5 MIN

YIELD: 4 SERVINGS

INGREDIENTS

4 slices gluten-free bread

4 tablespoons (45mL)
margarine

4 eggs

DIRECTIONS

- 1 Heat a griddle or large nonstick frying pan over medium-high heat. While the pan is heating, butter both sides of each piece of bread.
- 2 In the center of each bread slice, cut out a circle about the size of an egg. You can use a knife to cut the circle or use a cookie cutter to make cute shapes.
- 3 Put all the bread — slices and cutouts — on the pan or griddle to fry. When the bottom side of the bread is golden brown, after about 2 minutes, flip each slice and cutout.
- 4 Crack an egg into the hole in the center of each slice of bread. You may find that you have too much egg and that it covers the bread. That's okay.
- 5 When the second side of the bread is golden brown, after about 2 minutes, flip it over again to cook the egg on the other side. Cook the egg until it's at the firmness you enjoy and serve the "eggs in a basket" with the cooked cutouts as decorative additions.

TIP: In Step 3, make sure the pan or griddle is hot enough that if you put a drop of water on it, the water sizzles.

VARY IT! If you'd like to cut out a lot of the cholesterol, toss the egg yolks and make this recipe with the whites.

PER SERVING: *Calories 318 (From Fat 205); Fat 23g (Saturated 5g); Cholesterol 213mg; Sodium 196mg; Carbohydrate 21g (Dietary Fiber 1g); Protein 7g.*

Pepperoni Frittata

PREP TIME: 10 MIN

COOK TIME: 5 MIN

YIELD: 6 SERVINGS

INGREDIENTS

1 tablespoon (15mL) olive oil
1½ cups (375mL) thinly sliced broccoli florets
¼ cup (60mL) sliced green onion
Salt and pepper to taste
½ teaspoon (2.5mL) dried Italian seasoning
¼ teaspoon (1.25mL) dried thyme
¼ teaspoon (1.25mL) dried dill
1 tablespoon (15mL) snipped fresh parsley
10 slices pizza pepperoni, chopped
6 eggs
3 tablespoons (45mL) cornstarch
1½ tablespoons (22.5mL) milk
¾ cup (180mL) shredded Swiss cheese

DIRECTIONS

- 1 Preheat the broiler. Wrap the handle of a 10-inch nonstick skillet with foil. Heat the oil in the skillet. Add the broccoli, green onion, salt, pepper, Italian seasoning, thyme, dill, and parsley. Cook the vegetables and seasonings over medium-high heat, stirring, until the broccoli florets are tender-crisp. Sprinkle pepperoni over the broccoli. In a small bowl, whisk together the eggs, cornstarch, and milk until they're very light. Pour the mixture over the vegetables.
- 2 As the eggs begin to set, run a rubber spatula around the edge of the skillet, lifting the egg mixture to allow the uncooked portions to flow underneath. Continue cooking and lifting the edges until the eggs are nearly set. (The top surface will still be moist.) Sprinkle the top of the frittata with cheese. Place the skillet under the broiler and broil the frittata for 1 to 2 minutes until the top is set and the cheese has melted. Cut the frittata into wedges to serve.

PER SERVING: *Calories 197; Fat 13g (Saturated 5g); Cholesterol 229mg; Sodium 261mg; Carbohydrate 10g (Dietary Fiber 1g); Protein 12g.*

Curried Chard with “Poached” Egg

PREP TIME: 10 MIN

COOK TIME: 10 MIN

YIELD: 4 SERVINGS

INGREDIENTS

2 large bunches fresh Swiss chard, rinsed
1 tablespoon (15mL) olive oil
1 large garlic clove, minced
½ teaspoon (2.5mL) cumin
½ teaspoon (2.5mL) ground ginger
½ teaspoon (2.5mL) yellow mustard seeds
⅛ teaspoon (0.6mL) fresh black pepper
⅛ teaspoon (0.6mL) cardamom
4 eggs

DIRECTIONS

- 1 Remove the stems from the chard and chop into ½-inch (1.3cm) pieces. Layer the chard leaves in a stack and chop into strips.
- 2 In a 10-inch nonstick skillet, heat the olive oil over medium heat. Add the garlic, cumin, ginger, mustard seeds, pepper, and cardamom, and sauté for 1 minute. Add the chard stems and sauté until tender, stirring occasionally. Add the chard leaves and continue to sauté until tender.
- 3 Use a large spoon to make four indentations in the cooked chard. Crack open one egg into each indentation. Sprinkle with fresh ground black pepper. Place a lid over the mixture to allow the steam to cook the eggs to a soft stage, approximately 5 minutes, until the egg white solidifies from transparency to opaque.
- 4 Divide the contents of the skillet into four servings and serve immediately.

TIP: Wash chard leaves and stems before using to remove dirt and sand clinging to them.

NOTE: Swiss chard comes in a few varieties and is a source of many different antioxidants and phytonutrients. It's low in calories, high in fiber — some say it's a vegetable with a PhD!

PER SERVING: *Calories 141; Fat 9g (Saturated 2g); Cholesterol 186mg; Sodium 341mg; Carbohydrate 8g (Dietary Fiber 4g); Protein 9g.*

Breakfast Quiche

PREP TIME: 15 MIN

COOK TIME: 45 MIN

YIELD: 4 SERVINGS

INGREDIENTS

3 cups (750mL) frozen hash browns, thawed

½ cup (80mL) melted butter

Nonstick cooking spray

5 eggs

¾ cup (180mL) whole milk

1 cup (250mL) cooked diced ham

½ cup (80mL) diced onion

1 cup (250mL) grated Swiss cheese

¼ cup (60mL) grated cheddar cheese

¼ cup (60mL) grated Monterey Jack cheese

2 teaspoons (10mL) chopped fresh basil

Salt and pepper to taste

DIRECTIONS

- 1 Preheat the oven to 325 degrees F (160 degrees C).
- 2 To prepare the crust, mix the hash browns and butter, making sure the potatoes don't turn to mush.
- 3 Spray a 9-inch pie plate or quiche pan with nonstick spray. Press the potato-butter mixture evenly on the bottom and sides of the pan.
- 4 In a large mixing bowl, beat the eggs with an electric mixer for 2 minutes on low speed. Add the milk, ham, onion, cheeses, basil, and salt and pepper. Stir until they're well mixed.
- 5 Pour the egg mixture into the crust and bake it for 45 minutes. To test whether the quiche is done, insert a knife in the center. If it comes out clean, the quiche is ready.

PER SERVING: *Calories 585 (From Fat 392); Fat 44g (Saturated 23g); Cholesterol 368mg; Sodium 808mg; Carbohydrate 22g (Dietary Fiber 1g); Protein 29g.*

Crab Quiche

PREP TIME: 10 MIN

COOK TIME: 20 MIN

YIELD: 6 SERVINGS

INGREDIENTS

Nonstick cooking spray
3 eggs
2 green onions, chopped
¼ cup (60mL) plain lowfat yogurt
2 teaspoons (10mL) cornstarch
¼ teaspoon (1.25mL) dried basil
½ teaspoon (2.5mL) dried dill
2 tablespoons (30mL) fresh parsley, minced
Salt and pepper to taste
¾ cup (½ of a 10-ounce box) (180mL) chopped broccoli, thawed
One 4.25-ounce (120g) can flaked crabmeat, drained
2 tablespoons (30mL) grated Romano cheese
¼ cup (1 ounce) (60mL) shredded Swiss cheese
2 plum tomatoes, sliced thin
¼ cup (60mL) gluten-free breadcrumbs

DIRECTIONS

- 1 Preheat the oven to 375 degrees F (190 degrees C). Spray a 9-inch pie plate with cooking spray. In a large bowl, whisk together the eggs, green onions, yogurt, cornstarch, basil, dill, parsley, salt, and pepper until they're thoroughly blended.
- 2 Stir in the broccoli, crabmeat, and Romano and Swiss cheeses. Spread the mixture evenly in the prepared pie plate. Lay the tomato slices neatly across the top of the quiche and then sprinkle them with breadcrumbs.
- 3 Bake the quiche, uncovered, for 20 minutes, or until a knife inserted in the center comes out clean. Let the quiche stand for 5 minutes before cutting.

NOTE: Beware of gluten-containing imitation crab.

PER SERVING: *Calories 123; Fat 6g (Saturated 3g); Cholesterol 133mg; Sodium 299mg; Carbohydrate 7g (Dietary Fiber 1g); Protein 12g.*

Mini Pancetta Quiches

PREP TIME: 20 MIN

COOK TIME: 25 MIN

YIELD: 36 SERVINGS

INGREDIENTS

2 tablespoons (16g) cornstarch
2 tablespoons (14g) tapioca flour
¾ cup (180mL) whole milk
⅓ cup (80mL) heavy cream
3 eggs
½ teaspoon (2.5mL) salt
1 teaspoon (5mL) dried thyme leaves
⅛ teaspoon (0.6mL) pepper
1 tablespoon (15mL) olive oil
6 ounces (170g) diced pancetta
1 shallot, minced
1 cup (250mL) shredded fontina cheese
¼ cup (60mL) grated Parmesan cheese

DIRECTIONS

- 1 Preheat the oven to 425 degrees F (220 degrees C). Spray 36 mini muffin cups with nonstick cooking spray and set aside. In a blender or food processor, combine the cornstarch, tapioca flour, milk, cream, eggs, salt, thyme, and pepper. Blend until smooth and set aside.
- 2 In a medium skillet, heat the olive oil over medium heat. Add the pancetta; cook and stir until the cubes are crispy, about 5 to 7 minutes. Add the shallot, cook for 2 minutes, and then drain well on paper towels. Divide the pancetta mixture and fontina cheese among the mini muffin cups.
- 3 Spoon about 1 tablespoon (15mL) of the egg mixture into each mini muffin cup, over the pancetta mixture and fontina cheese. Sprinkle each mini quiche with a bit of Parmesan cheese. Bake for 15 to 20 minutes, or until the quiches are light golden-brown and set. Let the quiches cool for 5 minutes and then run a sharp knife around the edge of each mini quiche and remove from the tin. Serve warm.

PER SERVING: *Calories 37 (From Fat 26); Fat 3g (Saturated 1g); Cholesterol 21mg; Sodium 95mg; Carbohydrate 1g (Dietary Fiber 0g); Protein 2g.*

Maple Soufflé

PREP TIME: 10 MIN

COOK TIME: 40 MIN

YIELD: 4 SERVINGS

INGREDIENTS

- 6 large eggs, separated
- 6 tablespoons (90mL) maple syrup
- ¼ teaspoon (1.25mL) cinnamon
- ⅛ teaspoon (0.6mL) salt
- ¼ cup (60mL) small-curd cottage cheese
- 2 tablespoons (30mL) butter, melted
- ⅓ cup (80mL) sliced almonds

DIRECTIONS

- 1 Preheat the oven to 350 degrees F (180 degrees C).
- 2 In a small mixing bowl, use the mixer to whip the egg whites on high speed until soft peaks form. Set the bowl aside.
- 3 In a large mixing bowl, use the mixer to whip the egg yolks about 3 minutes until they're thick. Whip in the maple syrup, cinnamon, salt, and cottage cheese until blended.
- 4 Fold the egg whites into the egg yolk mixture.
- 5 Brush the melted butter on the bottom and sides of a 9-x-1½-inch round straight-sided soufflé dish. Pour the egg mixture into the prepared pan. Sprinkle the top with almonds.
- 6 Bake for 40 minutes, or until the top is puffed and lightly browned.
- 7 Cut into wedges to serve.

TIP: Drizzle a little maple syrup over the top of each piece for a perfect presentation.

PER SERVING: *Calories 240; Fat 13g (Saturated 5g); Cholesterol 60mg; Sodium 123mg; Carbohydrate 16g (Dietary Fiber 1g); Protein 7g.*

Breakfast Biscuit Bread

PREP TIME: 15 MIN PLUS
RISING TIME

COOK TIME: 35 MIN

YIELD: 1 LOAF (12 SLICES)

INGREDIENTS

Nonstick cooking spray
¼ cup (60mL) cornstarch
¼ cup (60mL) sorghum flour
½ cup plus 2 tablespoons (155mL) Whole-Grain Flour Mix (See Book 5, Chapter 2)
1 tablespoon (15mL) light flaxseed meal
½ teaspoon (2.5mL) salt
¾ teaspoon (3.75mL) cinnamon
2½ tablespoons (37.5mL) granulated sugar
¾ teaspoon (3.75mL) active dry yeast
½ teaspoon (2.5mL) cider vinegar
1 tablespoon (15mL) honey
4 teaspoons (20mL) melted butter, cooled
1 egg, at room temperature
2 egg whites, at room temperature
2 tablespoons (30mL) buttermilk, at room temperature
¼ cup (60mL) warm water (110 degrees)

DIRECTIONS

- 1 Preheat the oven to 200 degrees F (95 degrees C). When the oven reaches that temperature, turn it off. Spray a 4-x-8-inch baking pan with cooking spray.
- 2 Place the cornstarch, sorghum flour, flour mixture, flaxseed meal, salt, cinnamon, sugar, and yeast in a medium mixing bowl. With a whisk, stir the ingredients to blend thoroughly.
- 3 With a rubber spatula, stir in the vinegar, honey, melted butter, egg, egg whites, and buttermilk. Stir in the warm water last.
- 4 Turn on the mixer and slowly increase the speed to high. Beat the batter for 3 minutes. (It will be more of a batter than a dough consistency.)
- 5 Spoon the batter into the prepared baking pan.
- 6 Cover the pan with wax paper that has been sprayed with cooking spray. Place the pan in the oven to rise for 40 minutes.
- 7 Remove the pan from the oven and preheat the oven to 350 degrees. When the oven reaches that temperature, remove the wax paper from the bread.
- 8 Bake the bread for 35 to 40 minutes, or until baked through.
- 9 Let the bread set for 5 minutes. Then remove the bread from the pan and allow it to cool on a wire rack.

PER SLICE: Calories 93; Fat 2g (Saturated 1g); Cholesterol 21mg; Sodium 125mg; Carbohydrate 17g (Dietary Fiber 1g); Protein 2g.

Lemon Cranberry Cornmeal Scones

PREP TIME: 25 MIN

COOK TIME: 23 MIN

YIELD: 12 SCONES

INGREDIENTS

$\frac{3}{4}$ cup (180mL) whole milk plain yogurt

1 cup (250mL) dried cranberries

6 tablespoons (90mL) unsalted butter, softened

$\frac{1}{2}$ cup (125mL) sugar

1 cup plus 3 tablespoons (177g) White Flour Mix (see Book 5, Chapter 2)

$\frac{1}{2}$ cup plus 2 tablespoons minus 1 teaspoon (83g) Whole-Grain Flour Mix (see Book 5, Chapter 2)

1 cup (142g) yellow or white cornmeal

1 tablespoon (15mL) baking powder

$\frac{1}{2}$ teaspoon (2.5mL) salt

1 teaspoon (5mL) grated lemon rind

2 eggs

2 teaspoons (10mL) lemon juice

DIRECTIONS

- 1 Preheat the oven to 425 degrees F (220 degrees C). Line two cookie sheets with Silpat liners or parchment paper.
- 2 In a small bowl, combine the yogurt with the cranberries and set aside to plump for a few minutes. In a large mixing bowl, beat the butter until it's light and fluffy. Gradually add the sugar, beating on high, until the mixture is light and creamy, about 3 to 6 minutes. Beat in the flour mixes, cornmeal, baking powder, salt, and lemon rind. The mixture will be dry and sandy. Beat in the eggs and the lemon juice. Add the yogurt and cranberries and beat for 1 minute, until a dough forms.
- 3 Scoop the batter with a $\frac{1}{3}$ -cup ice-cream scoop and place six on each cookie sheet. Sprinkle with a bit of coarse sugar (if desired). Place the pans in the oven and lower the temperature to 350 degrees F (175 degrees C). Bake for 22 to 25 minutes, or until just barely browned. Move scones to a wire rack to cool.

PER SERVING: *Calories 274 (From Fat 98); Fat 11g (Saturated 6g); Cholesterol 79mg; Sodium 316mg; Carbohydrate 43g (Dietary Fiber 1g); Protein 4g.*

Cranberry Pear Coffecake

PREP TIME: 25 MIN

COOK TIME: 1 HR

YIELD: 16 SERVINGS

INGREDIENTS

2 tablespoons (30mL) plus
6 tablespoons (90mL) unsalted
butter, melted

¼ cup (60mL) plus ¼ cup
(60mL) sugar

1¼ cups plus 1 teaspoon (189g)
White Flour Mix (see Book 5,
Chapter 2)

⅓ cup plus 1 tablespoon (54g)
Whole-Grain Flour Mix (see
Book 5, Chapter 2)

2 teaspoons (10mL) baking
powder

1 teaspoon (5mL) baking soda

¼ teaspoon (1.25mL) ground
nutmeg

¼ teaspoon (1.25mL) salt

2 pears, peeled and diced

1 cup (250mL) fresh or frozen
cranberries

4 eggs

1 cup (250mL) sour cream

1 teaspoon (5mL) vanilla

DIRECTIONS

- 1 Preheat the oven to 350 degrees F (180 degrees C). Brush a 12-inch Bundt pan with 2 tablespoons (30mL) melted butter and sprinkle with ¼ cup (60mL) sugar. In a medium bowl, combine the flour mixes, ¼ cup (60mL) sugar, baking powder, baking soda, nutmeg, and salt and mix well with a wire whisk.
- 2 Use 3 tablespoons (45mL) of this mixture to toss with the pears and cranberries; set aside. In a large bowl, beat the eggs with sour cream, 6 tablespoons (90mL) melted butter, and vanilla until combined. Add the flour mixture and stir until well blended. Fold in the coated fruits. Pour the batter into the prepared pan. Place in the oven on the bottom rack.
- 3 Bake for 55 to 60 minutes, or until the cake springs back when lightly touched and starts to pull away from the pan. Let the cake cool in the pan for 3 minutes and then gently shake the pan to make sure the cake is released. Turn onto a wire rack and let the cake cool completely before storing it in an airtight container.

PER SERVING: *Calories 173 (From Fat 91); Fat 10g (Saturated 6g);
Cholesterol 75mg; Sodium 188mg; Carbohydrate 19g (Dietary Fiber 1g);
Protein 3g.*



Cinnamon Apple Fritters

PREP TIME: 20 MIN

COOK TIME: 4 MIN

YIELD: 8 TO 10 FRITTERS

INGREDIENTS

- 3 eggs
- 1 cup minus 2 tablespoons (107g) sorghum flour
- 1/3 cup (55g) sweet rice flour
- 1/3 cup minus 1 teaspoon (41g) brown rice flour
- 1 cup minus 2 tablespoons minus 1 teaspoon (105g) tapioca flour
- 1/2 teaspoon (2.5mL) salt
- 1 tablespoon plus 1 teaspoon (20mL) maple syrup
- 1 teaspoon (5mL) baking powder
- 1 1/2 teaspoons (7.5mL) cinnamon
- 2/3 cup minus 1 tablespoon (145mL) buttermilk
- 1/2 teaspoon (2.5mL) plus 1 teaspoon (5mL) vanilla
- 1 small Granny Smith apple, peeled and minced
- 2 cups (500mL) safflower oil for frying
- 1 cup (250mL) confectioner's sugar
- 1 tablespoon (15mL) milk

DIRECTIONS

- 1 Beat the eggs in a large bowl with a spout. Add the flours, salt, maple syrup, baking powder, and cinnamon and beat for 1 minute.
- 2 Beat in the buttermilk and 1/2 teaspoon (2.5mL) vanilla. Stir in the apple and let the batter rest while the oil preheats.
- 3 Heat the safflower oil in a large frying pan. Line a cookie sheet with a few pieces of newspaper and then top with paper towels.
- 4 In a shallow bowl, combine the confectioner's sugar, 1 teaspoon (5mL) vanilla, and milk and mix until smooth; set this glaze aside.
- 5 Check the oil temperature; it should be at 365 degrees F (185 degrees C).
- 6 Carefully drizzle 1/4 cup (60mL) of the dough into the oil. Drizzle the batter in one direction and then perpendicular to the first layer, leaving holes for the oil to penetrate so the fritter cooks evenly.
- 7 Fry the fritter for 2 to 3 minutes, until the top edges start to turn brown. Flip the fritter and cook for another minute until browned.
- 8 Remove the fritter with tongs to the prepared cookie sheet; let it rest for 30 seconds and then flip to drain.
- 9 Repeat with the remaining batter. As the fritters start to cool, you can dip them into the confectioner's sugar glaze. Let them stand on a wire rack until the glaze hardens. Store at room temperature for three days.

PER SERVING: *Calories 260 (From Fat 117); Fat 13g (Saturated 1g); Cholesterol 65mg; Sodium 190mg; Carbohydrate 34g (Dietary Fiber 1g); Protein 4g.*

Making Quick Breakfast Recipes

If you start your morning just half awake, some breakfasts are so quick and easy to put together that you can still give yourself something decent to eat. The following recipes give you some gluten-free options sure to become your favorites when you're hungry but pressed for time or just aren't in the mood.

Banana Split Breakfast

PREP TIME: 5 MIN

YIELD: 1 SERVING

INGREDIENTS

1 banana
½ cup (125mL) plain Greek yogurt
2 tablespoons (30mL) 100% fruit preserves
¼ cup (60mL) fresh berries
2 tablespoons (30mL) slivered almonds

DIRECTIONS

- 1 Slice the banana lengthwise and place it in a bowl.
- 2 Spoon the yogurt onto the banana.
- 3 Warm the preserves in the microwave for about 10 seconds. Spoon them over the yogurt and banana.
- 4 Top the banana and yogurt with fresh berries and almonds.

VARY IT! Instead of preserves, warm up a touch of nut butter or your favorite chocolate hazelnut spread and top your banana split breakfast with these decadent alternatives.

VARY IT! If you have trouble with dairy, make this with Greek yogurt made with almond milk.

PER SERVING: *Calories 357 (From Fat 88); Fat 10g (Saturated 2g); Cholesterol 8mg; Sodium 34mg; Carbohydrate 58g (Dietary Fiber 7g); Protein 14g.*

Simple, Stylin' Smoothie

PREP TIME: 4 MIN

YIELD: 3 CUPS

INGREDIENTS

½ cup (125mL) whole milk

1 cup (250mL) strawberry yogurt

2 ripe bananas

1 teaspoon (5mL) honey

¼ cup (60mL) ice cubes

DIRECTIONS

1 Put all the ingredients in a blender.

2 Mix until smooth.

VARY IT! Remember, you can make a smoothie countless ways — be creative, and use ingredients you have on hand, especially those that are a little too ripe to eat plain. Play with the portion sizes and types of ingredients you use to get the taste and nutritional value that suits you. The only fruit that doesn't work well is citrus.

VARY IT! Make it vegan and use almond milk or soy milk instead of regular milk.

PER SERVING: *Calories 141 (From Fat 18); Fat 2g (Saturated 1g); Cholesterol 9mg; Sodium 41mg; Carbohydrate 29g (Dietary Fiber 2g); Protein 4g. (Based on three 1-cup servings.)*

Piña Colada Smoothie

PREP TIME: 5 MIN

YIELD: 1 SERVING

INGREDIENTS

1 cup (250mL) refrigerated coconut milk
½ cup (125mL) pineapple chunks
2 tablespoons (30mL) honey
1 cup (250mL) ice cubes

DIRECTIONS

- 1 Combine the coconut milk, pineapple chunks, honey, and ice cubes in a blender.
- 2 Blend the ingredients on high for 30 seconds or until they're smooth.

PER SERVING: *Calories 284 (From Fat 46); Fat 5g (Saturated 5g); Cholesterol 0mg; Sodium 33mg; Carbohydrate 62g (Dietary Fiber 1g); Protein 2g.*

Broiled Grapefruit

PREP TIME: 1 MIN

COOK TIME: 5 MIN

YIELD: 1 SERVING

INGREDIENTS

1 grapefruit, cut in half
2 tablespoons (30mL) brown sugar

DIRECTIONS

- 1 Section out the grapefruit, carefully cutting between the membranes with a sharp knife.
- 2 Place the two halves of the grapefruit on a baking sheet lined with aluminum foil.
- 3 Sprinkle brown sugar on top of each grapefruit half and broil in the oven or toaster oven until bubbly, about 5 minutes. If you use a toaster oven, this dish cooks a little faster because the food is closer to the heat. Watch to make sure your grapefruit isn't browning too quickly.

PER SERVING: *Calories 194 (From Fat 2); Fat 0g (Saturated 0g); Cholesterol 0mg; Sodium 13mg; Carbohydrate 51g (Dietary Fiber 3g); Protein 1g.*