

17-0 Woa...

EGGS & POTATOES

WORLD OF

MEXICAN SCRAMBLE

*Wake up your scrambled eggs with a “South-of-the-Border kick!
To kick up flavor and nutrition even more, mix in some ripe, chopped
avocados and a finely chopped jalapeño pepper.
Makes about 10 servings.*

INGREDIENTS

- ½ cup shredded Colby or sharp cheddar
- 8 large eggs
- ¼ cup 1% milk
- ½ tsp mild chili powder
- 1 tsp sea salt (fine)
- ½ tsp finely ground white pepper
- 1 TBSP finely chopped fresh cilantro
- olive OR canola oil for cooking (1-3 TBSPs)
- 1 recipe “Easy, Tasty Salsa”

PREPARATION

1. Whisk eggs, milk, (avocadoes if using) chili powder, salt & pepper briskly until mixture is slightly foamy and egg whites are completely broken up.
2. Heat a non-stick 10” skillet on Med/High heat for about a minute. Brush about 1 TBSP of olive oil onto pan, then pour in the egg mixture, pushing it around the pan constantly with a rubber or plastic spatula...as soon as you see an area start to set up (harden), scoop it up and move it around, making sure that no egg is sticking to the bottom of the pan...add oil a bit at a time if eggs seem to be sticking.
3. When eggs still look a bit wet and not quite completely cooked, REMOVE from the heat and stir in the cheeses to finish. Serve immediately.

VEGGIE SCRAMBLE

INGREDIENTS

- 8 large eggs
- ¼ cup 1% milk
- ½ cup cheese of choice
- 1 cup & ½ chopped veggies
- ½ tsp salt
- ½ tsp pepper
- Olive or canola oil for pan

PREPARATION

1. Whisk eggs, milk, salt & pepper briskly until mixture is slightly foamy and egg whites are completely broken up.
2. Heat a non-stick 10" skillet on Med/High heat for about a minute. Brush about 1 TBSP of olive OR canola oil onto pan, then pour in the egg mixture, pushing it around the pan constantly with a rubber or plastic spatula...as soon as you see a n area start to set up (harden), scoop it up and move it around, making sure that no egg is sticking to the bottom of the pan...add oil a bit at a time if eggs seem to be sticking.
3. When eggs still look a bit wet and not quite completely cooked, REMOVE from the heat and stir in the cheeses to finish. Serve immediately.

HUEVOS NAUSET

*This is a simple version of Huevos Rancheros; a tasty breakfast featuring Mexican flavors. To kick it up a notch, top with chopped avocados tossed in a little lime juice and finely chopped jalapeños.
Makes 10 servings.*

INGREDIENTS

- 10 corn tortillas
- 2 cups shredded Mexican & sharp cheddar cheese blend
- 12 large eggs
- ½ cup whole milk
- 1 tsp mild chili powder
- 1 tsp sea salt (fine)
- ½ tsp finely ground white pepper
- 1 TBSP finely chopped fresh cilantro
- 1 recipe “Easy, Tasty Salsa”

PREPARATION - Pre-Heat oven to 375 °

1. Lay 5 of the tortillas (overlap as little as possible) on paper towels on the microwave turntable, cover with another layer of paper towels, 5 additional tortillas and a final layer of paper towels. Microwave for 1 minute on 70% power.
2. As you GENTLY remove the tortillas from the microwave, tuck them into a super-sized muffin tin that has been sprayed w/canola or olive oil cooking spray ---- OR --- into a small bowl...so that they harden into that shape -- they'll need to sit out for about 20-30 minutes to harden in the bowls (you can do this the day before and store them in an airtight plastic container until ready to use) or you can bake at 350 ° for 5-7 minutes if you have the giant muffin tins...but, you'll need to spray the inside of the tortillas and then set one pan inside the other so that the tortillas will keep their shape.
3. Whisk eggs, milk, chili powder, salt and pepper briskly until slightly foamy. Heat a skillet on medium heat for a minute or two, brush with canola or olive oil and pour in the egg mixture. stir -- push around the mixture constantly -- as soon as you see a spot start to set, push it around. You want to keep stirring/pushing the eggs around so they don't set. **When they still look a little wet and have uncooked spots**, turn off heat and remove immediately from the burner. Stir in half of the cheese and the cilantro and set aside in a cool place.
4. When tortilla “cups” are ready, scoop in eggs (lightly oiled ice-cream scooper works well for this), about a TBSP of the salsa and a sprinkle of the remaining cheese. Bake for a few minutes - until cheese melts. Serve with extra salsa on the side.

EASY, TASTY SALSA

Easy to store main ingredients (in the pantry or freezer) allow you to always have this salsa ready to “through together”. The fresh cilantro adds an awesome freshness, but if you don’t have any on hand, add a pinch more cumin.

INGREDIENTS

- 1 SMALL (15OZ) CAN CHOPPED TOMATOES-SMALL DICE, PLAIN-W/GARLIC OR W/CHOPPED JALAPENOS)
- 1 SMALL (15OZ) CAN BLACK BEANS - THOROUGHLY RINSED AND DRAINED
- ABOUT 1½ CUPS GOOD QUALITY FROZEN CORN (BIRSEYE - SHOEPEG OR BABY GOLD & YELLOW)
- ½ MEDIUM RED ONION, FINELY CHOPPED
- ½ tsp EXTRA VIRGIN OLIVE OIL
- JUICE OF ½ LIME (YOU CAN SUB GOOD QUALITY BOTTLED LIME JUICE)
- FINE SEA SALT - TO TASTE
- ½ tsp ANCHO CHILI POWDER
- ½ tsp CHIPOTLE CHILI POWDER
- 2 tsps GROUND CUMIN
- ABOUT 1 TBSP CHOPPED FRESH CILANTRO
- ½ TSP FINE SEA SALT

PREPARATION

- 1. DRAIN OFF ABOUT ½ OF THE LIQUID IN THE CAN OF CHOPPED TOMATOES. RINSE BLACK BEANS THOROUGHLY TO REMOVE SALT SOLUTION THAT IT’S PACKED IN - DRAIN.**
- 2. MEASURE OUT ABOUT 1½ CUPS OF GOOD QUALITY FROZEN CORN (BIRSEYE - SHOEPEG OR BABY GOLD & YELLOW)**
- 3. CHOP ONION (SMALL DICE).**
- 4. COMBINE THESE INGREDIENTS IN A MEDIUM SIZED MIXING BOWL AND STIR IN THE SPICES, LIME JUICE AND CILANTRO.**
- 5. TASTE --- THEN ADJUST SEASONINGS IF YOU NEED TO.**
- 6. KEEP REFRIGERATED - GOOD FOR A WEEK - MAYBE A LITTLE MORE IF YOUR ‘FRIDGE IS NICE AND COLD.**

THIS SALSA IS GREAT SERVED WITH YOUR HOMEMADE TORTILLA CHIPS, ON TOP OF CHICKEN DISHES, TACOS, BURRITOS OR ENCHILADAS, EGGS, HOT DOGS AND MORE!

FRITTATAS

An Italian favorite, this classic egg dish is sort of like a big puffy omelette that doesn't get turned over...or a crustless quiche. Like omelettes and quiches, the variety of combinations that you can make is pretty much limited only by your tastes and your imagination. As far as I'm concerned, they must always involve a fair amount of some type of cheese and different combinations of vegetables & herbs. Meat optional. Here are two of my favorites.

SPINACH-FETA & TOMATO:

INGREDIENTS

- 12 large eggs
- ¼ cup milk or light cream
- 1 tsp sea salt
- 1 tsp each dried - or 1 TBSP fresh- oregano and dill
- 1 tsp finely ground (white is good) pepper
- 2 cups fresh baby spinach, cleaned and dried - loosely packed
- 1 onion, finely chopped
- (about 2 TBSPs) extra virgin olive oil
- about 1 TBSP butter
- 1 8-10oz. package feta cheese, preferably the real Greek stuff made from sheep's or goat's milk - crumbled *
- a handful of freshly grated Parmegiana-Regianno cheese
- 3 ripe plum tomatoes, thinly sliced, juice & seeds removed

MATERIALS

- large mixing bowl with spout
- box grater for cheese
- large skillet/sauté pan (12") *
- thin spatula (stainless steel is best, but not for non-stick)
- whisk

* - *The gourmet cheese section of most chain grocery stores usually carries good Greek , Israeli or Bulgarian feta - also try Trader Joe's for excellent Greek and Israeli feta.*

** - *The best kind is the kind (like Calphalon, cuisinart, etc) that can be put into the oven*

PREPARATION: Preheat oven to 450°

1. Prepare veggies, then - in medium size bowl, whisk together eggs, milk, salt & pepper.
2. Heat 12-inch non-stick, oven safe sauté pan or skillet over medium high heat for about a minute, then ADD 1 TBSP olive oil and sauté the onions on medium/high heat for 4 or 5 minutes, until just transparent. Reduce heat to medium. **Add the butter** and then lay down a layer of baby spinach. Sprinkle with about half of the crumbled feta and half of the herbs. Lay down another layer of the baby spinach, the rest of the feta and top with the tomato slices and remaining herbs and finally, the grated Parmegiana-Regianno.
3. Pour egg mixture gently into the pan (going around the pan - **DO NOT just dump it into one spot**). Cook (covered) for about 5 minutes or until the egg mixture has set on the bottom and is just **beginning to set up on the top**.
4. Place pan **carefully** onto top shelf of oven and finish baking for 8-10 minutes, until lightly browned and puffed up - there should be no looseness or moisture. Remove **carefully** from the oven and let cool for a minute or two before cutting. You can either slide the frittata onto a plate or cut it in the pan (into triangles, like you're cutting a pie or a pizza) using the spatula or a sturdy plastic knife. You'll get either 4 huge pieces, 6 average sized, or 8 small wedges.

FRITTATAS

Combine his version with a salad and a chunk of good bread and you've got yourself a very satisfying meal!

SPINACH, ROASTED POTATOES, ONIONS & PARMEGIANA-REGIANNIO CHEESE: INGREDIENTS

- 12 large eggs
- ¼ cup milk or light cream
- 1 tsp sea salt
- 1 TBSP Herbs du Provence
- 1 tsp finely ground (white is good) pepper
- 2 cups fresh baby spinach, cleaned and dried - loosely packed
- 1 onion, finely chopped
- about 2 cups leftover roasted potatoes, cut into small dice
- (about 2 TBSPs) extra virgin olive oil
- about 1 TBSP butter
- 1 cup grated Parmegiana-Regianno cheese
- 1 cup grated fontina cheese (use large holes on grater for both cheeses)
- about 2 cups roasted potatoes - see recipe
- Canola oil cooking spray

MATERIALS

- large mixing bowl with spout
- box grater for cheese
- large skillet/sauté pan (12") *
- thin spatula (stainless steel is best, but not for non-stick)
- whisk

* - *The best kind is the kind (like Calphalon, Cuisinart, etc) that can be put into the oven*

PREPARATION:

1. Preheat oven to 450°, then brush 12-inch non-stick, oven safe sauté pan or skillet with olive oil.
2. In medium size bowl, whisk together eggs, milk, salt & pepper.
3. Sauté onions (medium/high) for 4 or 5 minutes, until just transparent. Reduce heat to medium. Add the butter and then lay down a layer of baby spinach. Sprinkle with about half of the cheese and half of the herbs. Lay down half of the roasted potatoes, and another layer of baby spinach, top off with the rest of the potatoes and the remaining cheese and herbs.
4. Pour egg mixture gently into the pan (going around the pan - do NOT just dump it into one spot). Cook (covered) for about 5 minutes or until the egg mixture has set on the bottom and **begins to set up on top.**
5. Place pan onto top shelf of oven and bake for about 10-12 minutes, until lightly browned, firm and puffed up. Remove **carefully** from the oven and let cool for a minute or two before cutting. You can either slide the frittata onto a plate or cut it in the pan (into triangles, like you're cutting a pie or a pizza) using the spatula or a sturdy plastic knife. You'll get either 4 huge pieces, 6 average sized, or 8 small servings.

FRITTATAS

Use this basic veggie frittata as a sort of template - sub your favorite veggies and cheeses...just stick to the basic technique.

MIXED VEGGIE & CHEESE:

INGREDIENTS

- 12 large eggs
- ½ cup of milk or ½ & ½
- 1 tsp sea salt
- 1 TBSP Herbs du Provence (or Italian herb blend)
- 1 tsp finely ground (white is good) pepper
- 2 cups total chopped (small dice) zucchini, red peppers
- 1 cup sliced crimini mushrooms
- about ½ cup chopped scallions
- (about) 2 TBSPs extra virgin olive oil
- about 1 TBSP butter
- ½ cup grated Parmegiana-Regianno

- 1 cup grated sharp cheddar cheese (use large holes on grater for both cheeses)
- Canola oil cooking spray

MATERIALS

- large mixing bowl with spout
- box grater for cheese
- large skillet/sauté pan (12") *
- thin spatula (stainless steel is best, but not for non-stick)
- whisk

* - *The best kind is the kind (like Calphalon, Cuisinart, etc) that can be put into the oven*

PREPARATION:

1. Preheat oven to 450°, then brush 12-inch non-stick, oven safe sauté pan or skillet with olive oil.
2. In medium size bowl, whisk eggs, milk, salt & pepper together briskly for about 3-4 min.
3. Add half of the butter to the pan, heat until it just begins to bubble, then sauté the zucchini, red peppers and mushrooms for about 4 minutes on medium/high heat. Sprinkle with about half of the cheese and half of the herbs and **immediately** pour egg mixture gently into the pan (going around the pan - do **NOT** just dump it into one spot). Now add remaining cheese and herbs and the scallions. Cook on **medium/high setting** for about 8 minutes - until the egg mixture has set on the bottom and is **beginning to set up around the top edges.**
4. Place pan onto top shelf of your pre-heated oven and bake for about 10 minutes, until lightly browned, firm and puffed up. (It shouldn't "jiggle" at all in the middle!) Remove **carefully** from the oven and let cool for a minute before cutting. You can either slide the frittata onto a plate or cut it in the pan (into triangles, like you're cutting a pie or a pizza) using the spatula or a sturdy plastic knife. You'll get either 4 huge pieces, 6 average sized, or 8 smaller servings.

FRITTATAS

There are so many possible combinations..here are some of my favorites. 16 eggs, ¼ cup milk, salt and pepper to taste and 1 cup of cheese make a gloriously thick, puffy frittata to serve 8 in a large (12”), deep skillet.

SOME FAVORITE COMBINATIONS:

POTATO CRUSTED MIXED VEGGIE:

1. Sauté chopped sweet onion (½ med), sweet red peppers (½) and zucchini (1 whole-small) in about 2 TBSPs olive oil until soft...remove from pan and set aside...
2. Brush the pan with another 2 TBSPs olive oil - sprinkle with salt and pepper ...heat pan on medium/high for about 1 minute and carefully line pan with ultra thin slices of Yukon Gold or red potatoes (unpeeled). Cook for a couple of minutes until potatoes start to crisp up...
3. Add the sautéed veggies evenly over the bottom of the pan, cover with ½ cup shredded Italian cheese blend, carefully pour in the egg mixture, then top with remaining ½ cup of cheese and 1 TBSP finely chopped flat leaf parsley and 1 tsp finely chopped thyme.

RICOTTA-SPINACH & SCALLIONS:

1. Whisk 1 cup of part skim ricotta cheese into the egg mixture... spray pan with olive oil spray, then sauté about ½ cup chopped scallions (the white ends) in 1 TBSP olive oil for just a minute or two...
2. Crumble about 1TBSP butter into little pieces and spread over bottom of pan and lay down about 2 cups loosely packed baby spinach. Top with ½ cup freshly grated good quality parmesan cheese.
3. Carefully pour in the egg mixture, add the green end of the scallions (1/2 cup, finely chopped), then top with remaining parmesan. Sprinkle top with a pinch or 2 of white pepper and a pinch or 2 freshly ground nutmeg.

CRABMEAT SPECIAL:

1. Whisk 1 cup of low-fat whipped cream cheese into the egg mixture... also whisk in 1 tsp each finely chopped tarragon leaves and dill...
2. Mix together 2 cups crabmeat, ¼ cup shredded Gruyere and ¼ cup parmesan - set aside. Spray pan with canola oil spray and sauté 3 finely chopped shallots in about 1 TBSP unsalted butter until soft.
3. Spray pan with a bit more canola oil, then lay down 1 layer baby spinach leaves & spread crabmeat mixture over that. Carefully pour in the egg mixture, then top with ¼ cup each shredded Gruyere and parmesan and 1 tsp finely chopped tarragon leaves.
4. KICK-IT-UP-A-NOTCH OPTION: After the bottom of the frittata has begun to set, drop in lobster medallions and add the 2nd ½ cup of the shredded cheeses now, sprinkle with tarragon and finish cooking.

Crispy Herb-Roasted Potatoes

I love the taste and aroma of Herbs du Provence for this dish, but feel free to substitute your favorite herb blends - Mrs. Dash seasonings work well and Bell's seasoning is good - just dill, salt & pepper is also nice...these make a great side dish and leftovers can be thrown into omelettes, frittatas or quiches and make the base for delicious potato salads!

INGREDIENTS

- about 6 **large** Red Bliss OR Yukon Gold Potatoes
- about ¼ cup olive oil
- about 2 tsps coarse sea salt (or kosher salt)
- about 2 tsps Herbs du Provence (or other dried herb blend)
- ½ tsp finely ground black or white pepper

MATERIALS

- large sheet pan with sides (1/2 sheet is good)
- good sized pastry brush
- thin, sturdy slotted spatula, preferably stainless steel
- chef's knife & cutting board

PREPARATION:

1. Pre-heat oven to 475°
2. Brush a sheet pan liberally with pure olive oil.
3. Sprinkle evenly with a tsp of coarse sea salt, pepper & herbs.
4. Wash, dry & cut potatoes (skins on) into 1" chunks and place in a single layer on the pan --- leave just a little space between potatoes.
5. Brush the tops & sides of the potatoes with the olive oil, sprinkle with the remaining salt, pepper and herbs
6. Place on top shelf of oven, reduce heat to 450° and roast for about 30-40 minutes until browned and crispy on the outside and soft in the middle...check after 30 minutes...you could move them all around with a spatula after about 20 minutes - but you don't have to.
7. Let them sit for a minute, then remove with the spatula and place onto paper towels for about 30 seconds to drain. Serve.

Roasted Spiced Sweet Potatoes

These wedges are so tasty, you'll find it hard to believe how good they are for you!

INGREDIENTS

- 3-4 **large** sweet potatoes or yams
- about ¼ cup canola oil
- 1 tsp toasted sesame oil
- about 1 ½ tsps coarse sea salt (or kosher salt)
- ½ tsp finely ground black or white pepper
- 2 tsps cinnamon
- ½ tsp allspice
- ½ tsp freshly ground nutmeg

- ½ tsp ginger

MATERIALS

- large sheet pan with sides (1/2 sheet is good)
- good sized pastry brush
- thin, sturdy slotted spatula, preferably stainless steel
- chef's knife & cutting board

PREPARATION:

1. Pre-heat oven to 475°
2. Brush a sheet pan liberally with pure canola oil and the toasted sesame oil.
3. Mix spices, S/P together well and sprinkle pan evenly with about **half** of the salt, pepper and spice blend.
4. Wash, dry & cut potatoes (skins on) into long wedges or ¼" thick slices and place in a single layer on the pan --- leave just a little space between potatoes.
5. Brush the tops & sides of the potatoes with the oil, sprinkle with the remaining salt, pepper and spice blend.
6. Place on top shelf of oven, reduce heat to 450° and roast for about 30-40 minutes until browned and crispy on the outside and soft in the middle...check after 30 minutes...you could move them all around with a spatula after about 20 minutes - but you don't have to.
7. Let them sit for a minute, then remove with the spatula and place onto paper towels for about 30 seconds to drain. Serve.

Sweet & Savory Breakfast Hash

You may be surprised at just how good this is; make without the meat if you're looking for a vegetarian side. Great served with a slice of frittata or alongside pumpkin pancakes or polenta cakes....or on its own!

INGREDIENTS

- 2 LARGE Yukon gold OR white potatoes, washed, peeled and diced – **small dice (about ¼”)**
- 2 medium apples, peeled and diced – **small dice (about ¼”)**
- 2 medium onions, peeled and diced - diced – **small dice (about ¼”)**
- 4 large links (1 pkg) of sweet apple chicken sausage (Alfresco brand is very good), casing removed and crumbled into small chunks*
- ½ tsp sea salt
- ½ tsp white pepper
- ½ tsp cinnamon
- 1 tsp paprika
- ¼ tsp chili powder
- canola or sunflower oil for cooking – 2 TBSPs or more, depending upon your pan

** - I also like diced rosemary ham or honey ham for the meat with this hash*

PREPARATION

1. Prepare ingredients as per instructions on list above and toss together --- **EXCEPT** for the apples - in a big bowl with the salt, pepper & spices.
2. Preheat (Med/Hi) a 12” (and deep) non-stick fry/sauté pan for about a minute, then add 1 TBSP canola or sunflower oil. H (the oil - put in a little piece of onion – when it sizzles, your pan is hot enough to start cooking in! Just dump the ingredients into your pan and start cooking with a heat proof rubber spatula or turner. Keep stirring constantly and if hash seems as if its sticking , add a bit more oil and turn the heat down a notch. Once the onion and potato start to soften, add the diced apple and keep on stirring.
3. What you're looking for is nice browning and a little outer crispiness/inner softness on the potato pieces. It's important to keep things moving to prevent sticking and so that the hash will cook evenly. When potatoes are done, you're ready to serve!