

Chad & Emily's Cookbook

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Breakfast Items

Slow Cooker Apple Butter

Yield: ~4 pints

6 ½ pounds apples - peeled, cored and sliced (or however many it takes to fill your crock pot)
¼ cup granulated sugar
½ cup light brown sugar, lightly packed
1 tablespoon ground cinnamon
½ teaspoon freshly grated nutmeg
¼ teaspoon ground cloves
¼ teaspoon salt
1 tablespoon pure vanilla extract

Directions

1. Place the apples in a slow cooker. In a medium bowl, combine sugars, cinnamon, nutmeg, cloves and salt. Pour the mixture over the apples and mix well.
2. Cook in slow cooker on low for about 10 hours, stirring occasionally, until the mixture is thickened and dark brown (we just let it cook overnight)
3. Uncover, stir in vanilla and continue cooking uncovered on low for about 2 hours.
4. Taste after cooking for several hours and increase sugar if needed.
5. Use an immersion blender to puree the apple butter until smooth.
6. Spoon the mixture into sterile containers, cover and refrigerate for up to two weeks or freeze.
7. Serve on breads, muffins, pork chops or just eat it with a spoon.

Banana-Nut Chocolate Chip Waffles

½ cup whole oats
1 ¼ cup skim milk
1 Tbsp Chia Seeds
2 tsp flax
1 medium egg white
1 ½ cup whole-wheat pancake mix
1 tsp extra virgin olive oil
1 banana slices (or use berries)
¼ cup dark chocolate chips or cinnamon chips
¼ cup nuts (crushed pecans or walnuts or sliced almonds)
Sliced fruit for topping
Fat free yogurt for topping

- 1) Combine oats, milk, chia, and flax in a bowl and let sit for 5 minutes
- 2) Stir in remaining ingredients. Add milk as necessary to make a batter
- 3) Add 1 cup of batter to waffle iron and cook
- 4) Serve with fruit and yogurt

Berry French Toast

2 cups frozen blueberries
1 1/2 cups frozen blackberries
1 1/2 cups frozen raspberries
1/2 cup granulated sugar
1 tablespoon cornstarch
1 teaspoon ground cinnamon
Cooking spray
1/2 cup fat-free milk
1 teaspoon vanilla extract
4 large egg whites, lightly beaten
1 large egg, lightly beaten
1 (8-ounce) loaf French bread, cut into 1-inch slices
1 tablespoon granulated sugar
1 tablespoon powdered sugar

Preheat oven to 350°.

Combine first 6 ingredients in a 13 x 9- inch baking dish coated with cooking spray.

Combine milk, vanilla, egg whites, and egg in a large, shallow baking dish, stirring well with a whisk. Add bread, turning to coat. Let stand 5 minutes, turning bread occasionally. Arrange bread in a single layer over berries. Sprinkle evenly with 1 tablespoon granulated sugar. Bake at 350° for 30 minutes or until golden brown and bubbly. Sprinkle evenly with powdered sugar.

Yield: 6 servings

TEST ; CALORIES 374 (% from fat); CALORIESFROMFAT 6%; TEST ; FAT 2.7g (test ,
satisfat 0.6g, test); MONOFAT 0.9g; TEST ; POLYFAT 0.7g; TEST ; PROTEIN 9.2g; TEST ;
CARBOHYDRATE 80.4g; TEST ; FIBER 7.4g; TEST ; CHOLESTEROL 36mg; TEST ; IRON
2.1mg; TEST ; SODIUM 300mg; TEST ; CALCIUM 114mg;
Cooking Light, APRIL 2004

Baked Eggs with Bacon, and Greens

Serves: 4

Ingredients

- 4 ounces bacon, chopped
- 1 cup packed mixed power greens (spinach, chard, kale)
- 8 large eggs

Instructions

Preheat an oven to 400 degrees F and position a rack in the top ⅓ of the oven.

Heat a skillet to medium heat. Cook the bacon pieces until the majority of the fat has rendered and it starts to get crisp, about 8 minutes.

Add the greens and sauté until wilted.

Divide the mixture between 4 gratins or brule dishes. Gently crack 2 eggs into of each dish on top of the filling.

Carefully place ramekins in the oven and bake for 10 to 12 minutes, until the white is set and the yolk is runny. Baking times may vary depending on the size of the ramekins. Deeper dishes that are smaller in circumference may take more time to bake. Watch the whites closely and pull them from the oven as soon as they are no longer runny but the yolk is still soft to the touch.

Chilaquiles With Chicken and Queso Fresco

- Total Time: 25 minutes Serves: 4-6
- 4 dried guajillo chilies, stems removed
- 1½ cups hot water plus more for soaking
- 4 cloves garlic
- 4 canned chipotle chilies in adobo sauce
- ½ cup chopped plus ¾ cup sliced white onions
- Kosher salt, as needed
- ½ cup olive oil
- 6 cups corn tortilla chips
- 3 cups shredded cooked chicken
- 2 radishes, thinly sliced
- ½ cup queso fresco
- ¼ cup cilantro leaves
- 1 avocado, sliced
- 4-6 eggs cooked sunny-side-up (optional)

Preparation

1. Place guajillo chilies in a medium bowl and cover with hot water. Set a dry pan over medium heat and toast garlic until browned all over, 3-5 minutes.
2. Once guajillo chilies are rehydrated and plump, drain, reserving soaking liquid. Place drained guajillo chilies in a blender or food processor along with chipotle chilies, 1½ cups hot water, browned garlic and chopped onion. Purée to form a smooth salsa that is thick but still dribbles. If too thick, stretch salsa by mixing in splashes of reserved chili soaking liquid. Season to taste with salt.
3. Heat oil in a large skillet over medium-high heat. Stir in ½ cup sliced onions and sauté until soft, 1 minute. Stir in tortilla chips and sauté until coated, 30 seconds. Add salsa and sauté, mixing gently to combine, 30 seconds. Stir in chicken and warm through, 1 minute. Remove from heat before chips lose structure. Garnish with remaining onions, radishes, queso fresco, cilantro and avocados. Top with eggs, if using.

Company Eggs

- 2 tablespoons olive oil
- 1 small onion, thinly sliced
- 4 garlic cloves, finely chopped
- Kosher salt, freshly ground pepper
- 2 bunches Swiss chard, thick center ribs and stems removed, leaves coarsely chopped (about 12 cups)
- Additional optional vegetables (zucchini, artichoke hearts, etc)
- 1/2 cup heavy cream
- 12 large eggs
- 2 ounces sharp white cheddar, grated (about 1/2 cup)

Directions

- Preheat oven to 400°. Heat oil in a large skillet over medium heat. Add onion and garlic; season with salt and pepper. Cook, stirring occasionally, until onion is softened, 8-10 minutes.
- Add chard to skillet by the handful, tossing to wilt between additions. Cook, tossing often, until tender, 8-10 minutes. Add cream and simmer until thickened and almost evaporated, 8-10 minutes; season with salt and pepper.
- Spread chard mixture evenly in a 13x9x2-inch baking dish. Using the back of a spoon, make 12 small, evenly spaced divots in the chard mixture. Crack 1 egg into each divot. Season eggs with salt and pepper. Sprinkle cheese over.
- Bake, rotating dish once, until egg whites are almost set and yolks are still runny, 15-18 minutes.
- Let stand 5 minutes before serving.

DO AHEAD: The chard and cream mixture can be made 1 day ahead. Cover and chill. Reheat before transferring to baking dish.

Crock Pot Oatmeal

Ingredients

- 3 cups old fashioned oat
- 2 apples (or 2 cups other fruit)
- ½ cup raisins or cranberries
- 6 cups water
- 2 TBSP butter
- ½ tsp cinnamon
- ¼ tsp salt
- Kashi
- Chia

Serve with brown sugar, granola, milk, etc

Directions

- 1) Spray crock pot with cooking spray
- 2) Mix in all ingredients
- 3) Cook on low heat for 6-8 hours

JDeez Nut and Seed Cereal

2 TBSP Ground Brown Rice

2 TBSP Ground Wild Rice

3 TBSP Ground Steal Cut Oats

3 TBSP Ground Garbanzo Beans

1 TBSP Ground Flax Seed

2 TBSP Ground Chia Seed

2 TBSP Ground Millet

1 TBSP Ground Sesame Seeds

1 TBSP Ground Quinoa

3 TBSP Ground Almonds

2 TBSP Ground Sunflower Seeds

2 TBSP Sunflower Seeds

2 TBSP Pumpkin Seeds

1 TBSP Corn Grits

1 TBSP Amaranth

3 TBSP Raisins

3 TBSP Craisins

Cinnamon

Ginger Powder

Optional: 1 TBSP Coconut Powder

Optional: Powder Milk (if you won't be making it with milk)

Grind seeds in small batches. Do not overgrind. Mix all ingredients well. Store in fridge.

Dutch Puffed Apple Pancake

4 tablespoons (1/2 stick) unsalted butter

1 large apple peeled and thinly sliced

1/2 cup chopped walnuts

4 large eggs
1 cup whole milk
2/3 cup all purpose flour
2 tablespoons sugar
1 teaspoon vanilla extract
1/8 teaspoon salt
1/4 teaspoon ground cinnamon
1/2 cup dried cranberries
Non stick vegetable spray
3 tablespoons (packed) golden brown sugar
Powdered sugar (optional)
Maple syrup (optional)

Preparation

Preheat oven to 425°F. Melt butter in a 9" glass pie dish in oven. Arrange apple slices, then walnuts over the butter. Bake until apples begin to soften and walnuts are lightly toasted, about 5 minutes.

Meanwhile, using an electric mixer, beat eggs, milk, flour, sugar, vanilla, cinnamon, and salt in a large bowl. Stir in cranberries. Remove pie dish from oven. Lightly spray inside edges of dish with non-stick spray. Pour batter into the dish. Sprinkle with brown sugar over batter. Bake until center is set and edges are puffed and slightly browned, about 25 minutes. Serve immediately.

Honey-Ginger French Toast

1 tsp. fresh ginger, finely grated
1 tsp. honey
2 egg whites
1 Tbsp. 1 percent or fat-free milk
2 slices whole-wheat bread

Soften honey in microwave or under hot running water. Combine ginger, honey, egg whites and milk in a flat-bottomed bowl or pan; whisk until well mixed. Dip bread into egg mixture and soak until slightly soft. Spray nonstick pan with nonstick cooking spray; heat. Cook bread until both sides are golden brown and bread is no longer mushy, 1 to 2 minutes on each side. Serve drizzled with warmed honey.

Makes 1 serving. Nutritional values per serving: 200 calories, 3g fat, 33g carbohydrate, 13g protein, 4g fiber and 410mg sodium.

Millet Muffins with Honey-Pecan Butter

Look for millet, a round, pale yellow grain, in health-food stores or in the organic sections of large supermarkets. Make the muffins up to 2 days ahead, the butter up to 5 days in advance.

Muffins:

2/3 cup uncooked millet
3/4 cup packed brown sugar
1 large egg
1 cup fat-free buttermilk
2 tablespoons butter, melted
3 tablespoons applesauce
1/2 cup all-purpose flour
1 cup wheat flour
1 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
Cooking spray

Butter:

2 tablespoons butter, softened
2 tablespoons finely chopped pecans, toasted
1 tablespoon honey

Preheat oven to 375°.

To prepare muffins, place millet in a spice or coffee grinder; pulse 6 times or until lightly crushed. Set aside.

Place sugar and egg in a large bowl; beat with a mixer at medium speed until well combined. Stir in millet, buttermilk, 2 tablespoons butter, and applesauce.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking powder, baking soda, and salt, stirring with a whisk. Make a well in center of mixture. Add buttermilk mixture; stir just until moist. Let batter stand 5 minutes. Spoon batter into 12 muffin cups coated with cooking spray. Bake at 375° for 18 minutes or until muffins spring back when touched lightly in center. Cool in pan 5 minutes on a wire rack. Remove muffins from pan; place on wire rack.

To prepare butter, combine 2 tablespoons butter, pecans, and honey, stirring well to combine. Serve with the muffins.

Yield: 12 servings (serving size: 1 muffin and 1 teaspoon butter)

CALORIES 229 (30% from fat); FAT 7.6g (satfat 3.8g, monofat 2.4g, polyfat 0.8g); PROTEIN 4.3g; CARBOHYDRATE 36.3g; FIBER 1.5g; CHOLESTEROL 33mg; IRON 1.5mg; SODIUM 284mg; CALCIUM 67mg;

Overnight Artichoke and Ham Strata

Make-ahead tip: Prepare the strata a day ahead, cover and chill 8 hours or overnight. In the morning, just uncover the strata and bake it straight out of the refrigerator in a pre-heated oven.

3 English muffins, split and quartered
Cooking spray
1 T. butter or margarine, melted
1 c. chopped lean ham (about 4 oz.)
½ c. (2 oz.) grated fresh parmesan cheese
2 T. chopped fresh chives
1 (14-oz.) can artichoke hearts, drained and chopped
3 large garlic cloves, minced
1/8 t. ground nutmeg
1 (12-oz) can evaporated fat-free milk
3 large eggs
3 large egg whites

Arrange muffin pieces, crust sides down, in an 8-inch square baking dish coated with cooking spray; drizzle with butter. Arrange ham and next 4 ingredients (ham through garlic) over the muffin pieces.

Combine nutmeg and remaining ingredients in a bowl; stir well with a whisk. Pour over muffin mixture. Cover and chill for 8 hours or overnight.

Preheat oven to 375°, Uncover strata and bake for 50 minutes or until set. Let stand 10 minutes.

Yield: 6 servings.

Calories 280 (29% from fat); Fat 8.9 g (sat 4.1 g, mono 3.1 g, poly 0.8 g); Protein 20.4 g, Carb 29.8 g, Fiber 0.1 G, Chol 133mg, iron 2.3 mg, Sodium 819 mg, Calcium 367 mg.

Overnight Caramel French Toast

1 c packed brown sugar
½ c light corn syrup
¼ c butter
Cooking spray
10 (1oz) slices French bread
2 ½ cups milk
1 T flour
1 ½ t vanilla
¼ t salt
2 eggs

2 T sugar
1 t cinnamon

Combine first 3 ingredients in a small saucepan. Cook over medium heat for 5 minutes or until mixture is bubbly, stirring constantly. Pour mixture evenly into a 13x9 inch pan coated with cooking spray.

Arrange bread slices in a single layer over syrup in dish.

Combine milk and next 4 ingredients (through eggs) in a large bowl, stirring with a whisk. Pour egg mixture over bread slices. Cover and refrigerate for 8 hours or overnight.

Combine 2 T granulated sugar and cinnamon and spread evenly over bread.

Bake at 350 degrees for 50 minutes or until golden. Let stand for 5 minutes before serving.

Overnight Chocolate Coffee Chia Breakfast Pudding

Prep time: 10 mins

Total time: 10 mins

Serves: 2

Ingredients

- ½ cup brewed coffee (chilled)
- ½ cup full fat canned coconut milk
- 1 heaping tablespoon almond butter (or other nut or seed butter)
- 1 teaspoon vanilla extract
- tablespoons maple syrup or honey
- 1 tablespoon unsweetened cocoa powder
- ¼ cup chia seeds

Instructions

1. Blend brewed coffee, coconut milk, almond butter, vanilla extract, maple syrup, and cocoa powder in a blender.
2. Place the blended mixture into a resealable large jar (or 2 smaller jars) then add chia seeds. Seal jar and shake.
3. Place in refrigerator overnight or for at least 3+ hours.

Pumpkin Bread Pudding

1 1/4 cups 2% reduced-fat milk

1/2 cup sugar (this can be closer to 1/3 cup)

1/2 teaspoon pumpkin-pie spice

3 large eggs, lightly beaten

1 (15-ounce) can pumpkin
4 1/2 cups (1/2-inch) cubed challah or other egg bread (about 8 ounces)
Cooking spray
1/2 cup maple syrup
1/4 cup chopped pecans, toasted

Combine first 5 ingredients in a large bowl, stirring well with a whisk. Add bread, tossing gently to coat. Spoon mixture into an 8-inch square baking dish coated with cooking spray. Cover with foil; chill 30 minutes or up to 4 hours.

Preheat oven to 350°.

Place dish in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch. Bake, covered, at 350° for 25 minutes. Uncover and bake an additional 10 minutes or until a knife inserted in center comes out clean. Serve each bread pudding piece warm with about 1 tablespoon syrup and 1 1/2 teaspoons pecans.

Yield: 8 servings

CALORIES 273 (23% from fat); FAT 7g (sat 1.7g, mono 3.1g, poly 1.4g); PROTEIN 7.5g;
CHOLESTEROL 97mg; CALCIUM 117mg; SODIUM 186mg; FIBER 3.3g; IRON 1.8mg;
CARBOHYDRATE 46.1g

Portuguese Bakes Eggs

Ingredients

Servings: 6

- 1/4 cup olive oil
- 3 bell peppers, any color, thinly sliced
- 1 medium red onion, thinly sliced
- 2 beefsteak tomatoes, cut into wedges
- 8 garlic cloves, thinly sliced
- 1 jalapeño, with seeds, halved lengthwise
- 1/4 cup fresh basil leaves
- 2 tablespoons fresh oregano leaves
- 1 1/2 teaspoons chili powder
- 1 teaspoon paprika
- Kosher salt and freshly ground black pepper
- 1 cup ricotta
- 6 large eggs
- 1 cup grated sharp white cheddar (about 4 oz.)
- 1/4 cup grated Parmesan (about 1 oz.)
- Toasted country-style bread (for serving)

Preparation

- Heat oil in a large heavy pot over medium heat. Add bell peppers and onion and cook,

stirring occasionally, until softened and just beginning to brown, 10–12 minutes.

- Add tomatoes, garlic, jalapeño, basil, oregano, chili powder, and paprika to pot. Reduce heat to medium-low and continue to cook, stirring occasionally, until vegetables are very soft and liquid is thickened, 20–30 minutes; season with salt and pepper. Discard jalapeño.
- Preheat oven to 400°. Transfer bell pepper mixture to a 13x9" baking dish. Using the back of a spoon, make 6 evenly spaced divots in mixture. Spoon a dollop of ricotta into each divot, then crack 1 egg into each. Top with cheddar and Parmesan; season with salt and pepper. Bake, rotating dish halfway through, until Parmesan is melted and egg whites are almost set but yolks are still runny, 15–18 minutes.
- Serve baked eggs with toast. (Yolks will continue to cook as dish sits, so serve right away if you prefer your eggs soft.)
- Do Ahead: Bell pepper mixture can be cooked 1 day ahead. Let cool; cover and chill.

Smoked Salmon Quiche

Note: This light egg dish features those brunch classics – smoked salmon and cream cheese. It can be prepared up to a day ahead and reheated at the last moment or served at room temperature. You may skip the crust for a lighter entrée. If you make the crust, prebake to crisp before adding the filling.

1 crust (see recipe below or generously grease a 9 to 10-in. baking pan or deep dish pie tin (not a tart pan))

7 eggs

4 oz. cream cheese cut into ½ inch chunks

4 oz. smoked salmon, diced

1 c. milk

¼ tsp. salt

Pinch of pepper

Pinch of Cayenne

Rich Tart Crust:

1 ½ c. flour

¾ t. salt

1 t. sugar

10 T. cold butter cut into 10 pieces

4 T. ice water

Preheat oven to 425 degrees. Combine flour, salt, and sugar in a food processor; pulsing once or twice. Add the butter and turn on the machine; process until the butter and flour are blended and the mixture looks like cornmeal, about 10 seconds.

Place the mixture in a bowl and sprinkle 3 T. of water over it. With a rubber spatula, gradually gather the dough into a ball; if it seems dry add more ice water a T. at a time. Wrap the ball of

dough in plastic, flatten into a small disk, and refrigerate for 30 minutes (or put in the freezer for 10 minutes).

Remove the dough and unwrap. Place on a lightly floured surface and roll with a lightly dusted rolling pin, sprinkling with more flour if necessary; rotate the dough occasionally and turn it over once or twice during the process. When the dough is about 10 inches in diameter, move it into the pie plate. Press it firmly into the bottom and sides with your hands and then trim any excess to about ½ inch all around. Decorate the edges with a fork or your fingers. Prick it all over with a fork, line with tin foil and weight the bottom with a pile of dried beans or rice. Bake 12 minutes. Remove from the oven and carefully remove the weight and foil.

Preheat oven to 325 degrees. In a small bowl, beat together the eggs, cream cheese, salmon, milk, salt, pepper, and cayenne. Pour into the pre-baked crust. Carefully transfer to the oven and bake about 40 minutes, until the mixture is set but still moist; it should still jiggle just a little in the middle. Cool on a rack and serve warm or at room temperature.

Serves 4 to 8. Calories 362. Fat 25g. Carb 20 g. Protein 13 g. Diatar fiber 1 g.

Start Smart Oatmeal

U.S. Postal Service team rider Michael Barry's
Performance Porridge

1 1/2 cups oats
1/4 cup millet
4 cups water, milk, or soy milk
1/4 cup raisins or currants
3 eggs
Pinch of salt

Put all ingredients except eggs in a pan and bring to a boil. Add eggs. Reduce heat to a simmer, then stir well for five minutes, or until the oats have absorbed the liquid. Garnish with honey and fruit.

Makes 2 large servings. Total nutrition information for the recipe: Calories: 1,000, Fat: 20 g, Protein: 49 g.

Sticky Bun Bread Pudding

Brunch and dessert collide in this delicious dish.

4 large eggs
2 cups plus 2 tablespoons (or more) half and half
1 teaspoon vanilla extract

1 cup chopped pecans
1/2 cup (packed) golden brown sugar
2 1/2 teaspoons ground cinnamon
Butter, room temperature
8 (1-inch-thick) slices from day-old large loaf of challah, crusts removed
1 cup powdered sugar

Preheat oven to 350°F. Whisk eggs, 2 cups half and half, and vanilla in medium bowl to blend; set aside. Stir pecans, brown sugar, and cinnamon in small bowl to blend; set aside. Butter bread on both sides. Place 2 slices bread in bottom of 9x5x3-inch loaf pan, cutting additional bread pieces to fit snugly. Sprinkle bread with 1/3 of pecan mixture. Repeat twice with remaining bread and pecan mixture (bread will reach top of pan). Press on bread to compact. Pour egg mixture over bread by 1/2 cupfuls, saturating bread.

Place loaf pan in center of 13x9-inch baking pan; set in oven. Pour enough hot water into baking pan to come halfway up sides of loaf pan. Bake until pudding is set, about 45 minutes. Remove pan from water; cool slightly. Turn loaf out.

Whisk powdered sugar and 2 tablespoons half and half in medium bowl to blend, adding more half and half if necessary to thin glaze. Slice warm bread pudding thickly and transfer to plates. Drizzle bread pudding slices with powdered sugar glaze and serve.

Makes 6 servings.

Sweet Peach Pancakes

1 1/2 cups all-purpose flour
2 tablespoons sugar
1 teaspoons baking soda
2 teaspoons cream of tartar
Pinch of fine sea salt
1 cup low-fat or whole milk
1 large egg
1 tablespoon unsalted butter, melted
2 tablespoons canola oil, plus more if needed
2 to 3 peaches, pitted and thinly sliced
Sorghum, cane, or maple syrup, for accompaniment

1. Combine the flour, sugar, baking soda, cream of tartar, and salt in a bowl.
2. Combine the milk, egg, and butter in a large liquid measuring cup. Add the wet ingredients to the dry ingredients and whisk just until combined.
3. Preheat the oven to 300°F. Heat a large, heavy-bottomed skillet over medium heat and lightly coat with canola oil.

4. Add 2 peach slices, then ladle 1/4 cup of batter over the peaches for each pancake, cooking only a few at a time. Cook until the bubbles on top burst and the bottoms are golden brown, about 1 minute. Flip the pancakes and cook until golden, about 1 minute.
5. Transfer to a baking sheet and place in the oven to keep warm. Repeat with remaining batter, adding more oil to the pan as necessary. Transfer to a warmed serving platter. Serve hot or warm with sorghum, cane, or maple syrup.

Sweet Breakfast Bowl with Chia Seed Porridge

2 servings

- cups almond milk or other milk
- Tbsp chia seeds
- 2 Tbsp ground flaxseed
- Tbsp finely shredded coconut, unsweetened
- Generous handful of almonds, pecans, walnuts, or hazelnuts – chopped
- 1 tsp vanilla extract
- 3 Tbsp oats or steel cut oats
- 1 scoop protein powder

Toppings:

Fruit

Nut butters

Toasted coconut

Mix all ingredients together in a bowl, cover and place in the fridge. Let it soak overnight. Divide porridge into two bowls, top with choice of toppings. Keeps well for 3-4 days in fridge.