

Breakfast Bonanza!

- 10.04.23 -

Recipe #1: Smoky Bacon Cheddar Breakfast Hash

Servings: 6

Ingredients:

- 8 slices thick-cut bacon, diced
- 2 tablespoons olive or vegetable oil as needed
- 2 russet potatoes, cut into ½-inch pieces
- ½ yellow onion, diced
- 1 large red bell pepper, diced
- 1 cup heavy cream
- 1 tablespoon worcestershire sauce
- ½ teaspoon paprika
- 1 teaspoon sea salt
- ¼ teaspoon black pepper
- 1 cup shredded cheddar cheese

Instructions:

1. Heat a large nonstick skillet over medium-high heat. Add the bacon and cook until almost crispy and the fat has rendered, about 10 minutes.
2. Using a slotted spoon, transfer the bacon to a paper towel-lined plate, reserving the fat in the pan. Discard all but ¼ cup of the bacon fat.
3. Add the potatoes to the bacon fat in a single layer and cook until golden brown or mostly tender, 10-12 minutes.
4. Add the onions and bell peppers and cook, about 5 minutes more.
5. Return the bacon to the pan and stir in the cream, Worcestershire sauce, paprika, salt, and pepper. Reduce the heat to low and simmer until the cream has thickened, about 3 minutes.
6. Remove the skillet from heat. Sprinkle the hash with cheddar.
7. Spoon the hash out of the pan, dividing it evenly between plates.

Source: Themodernproper.com

Recipe #2: Crustless Ham, Spinach, and Onion Quiche

Servings: 4

Ingredients:

- 6 large eggs
- $\frac{2}{3}$ cup whole milk
- $\frac{1}{4}$ cup half-and-half
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- 1 teaspoon dijon mustard
- 2 tablespoons canola or olive oil
- $\frac{1}{2}$ yellow onion, caramelized
- 1 cup cubed ham
- 1 cup fresh spinach, chopped
- $\frac{2}{3}$ cup sharp cheddar, or mozzarella cheese

Instructions:

1. Preheat the oven to 350 degrees F. Coat a glass pan with nonstick cooking spray.
2. Prepare your onion by heating a small skillet over medium heat, adding 2 tablespoons of oil, and then your onions. Heat until onions are a translucent white color.
3. Chop the spinach.
4. Scatter the onion, ham, and spinach evenly across the bottom of the prepared pan.
5. In a large mixing bowl, whisk together the eggs, milk, half-and-half, salt, pepper, mustard, and nutmeg.
6. Sprinkle the cheese on top of the onion, ham, and spinach mixture in the bottom of the pan.
7. Carefully pour the egg mixture into the dish.
8. Bake the quiche until the center is set, about 35 minutes. It should look puffed and golden at the edges, and when a thin, sharp knife is inserted in the center, the center should be cooked through without visible liquid.
9. Let cool a few minutes, and cut into big wedges. Enjoy!

Source: Wellplated.com

Recipe #3: Blueberry Scones

Servings: 8 scones

Ingredients:

- 2 cups all-purpose flour
- $\frac{1}{3}$ cup granulated sugar plus more for sprinkling
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt

- ½ cup cold unsalted butter, cubed
- 1 cup frozen blueberries
- Zest of 1 lemon
- ¾ cup heavy cream
- 1 large egg

Instructions:

1. Preheat the oven to 400F.
2. In a large bowl, whisk together flour, sugar, baking powder, and salt. Add butter and work into the flour mixture with a pastry blender or by pressing the pieces with a fork until they are about the size of peas. Stir in the blueberries and lemon zest.
3. In a small bowl, whisk together the cream and egg. Pour over the flour mixture. Mix together with a silicone spatula just until the mixture is mostly moistened (it should still be a little crumbly).
4. Wash your hands and turn out the dough onto a lightly floured surface. Knead it gently a few times to shape it into a ball. Press the dough into an 8-inch circle. Cut into 8 wedges (like a pizza).
5. Place wedges on a small parchment covered plate and freeze for 10 minutes.
6. Transfer scones to a large baking sheet, placing them about 2 inches apart. Brush lightly with more cream and sprinkle with sugar using a spoon.
7. Bake for 20 to 25 minutes or until the tops are lightly browned and the bottom edges are golden. Let cool for at least 10 minutes before serving.

Source: <https://preppykitchen.com/blueberry-scones/>

Recipe #4: Chocolate Chip Banana Baked Oatmeal

Servings: 9

Ingredients:

- 1 ½ cups quick oats
- 1 ½ cups old fashioned oats (or sub for more quick oats)
- 1 cup brown sugar
- 2 teaspoons baking powder

- 1 teaspoon cinnamon
- 1 teaspoon salt
- 1 cup milk
- 1 banana, mashed
- ½ cup salted butter, melted
- 2 eggs, beaten
- ½ cup chocolate chips

Instructions:

1. Preheat the oven to 350 degrees F.
2. Add everything but the chocolate chips to a mixing bowl.
3. Mix thoroughly, then stir in chocolate chips.
4. Spoon into a greased baking dish.
5. Bake at 350 degrees F for 30-35 minutes or until edges are lightly browned and center is set.