

<p>Breakfast Tacos Recipe:</p> <p>6 oz. turkey sausage 8 (6 inch) corn tortillas 6 eggs 1/4 c. milk 1/2 t. pepper 1/2t. sale 1 c. Monterey Jack Cheese 1 dash Tobasco 1/2 c. Your Favorite Salsa</p> <p>Crumble the sausage into a skillet over medi-high heat. Cook and stir until evenly brown. Set aside. Heat one skillet over medium heat, and heat another over high heat. The skillet over high heat is for warming tortillas. In a medium bowl, whisk together the eggs, milk, salt and pepper. Spray the medium heat skillet with some cooking spray, and pour in the eggs. Cook and stir until almost firm. Add the sausage, and continue cooking and stirring until firm. Meanwhile, warm tortillas for about 45 seconds per side in the other skillet, so they are hot and crispy on the edges, but still pliable. Sprinkle a little shredded cheese onto each tortilla while it is still hot. Top with some of the scrambled egg and sausage, then add hot pepper sauce and salsa to your liking.</p>	<p>Zucchini Carrot Muffins Recipe:</p> <p>2 cups shredded carrot 1 cup shredded zucchini 1 cup chopped peeled apple 3/4 cup flaked coconut 1/2 cup chopped almonds 2 teaspoons grated orange peel 2 cups all-purpose flour 1-1/4 cups sugar 1 tablespoon ground cinnamon 2 teaspoons baking soda 1/2 teaspoon salt 3 eggs, lightly beaten 3/4 cup canola oil 1 teaspoon vanilla extract</p> <p>Gently toss together carrot, zucchini, apple, coconut, almonds and orange peel; set aside.</p> <p>In a large bowl, combine flour, sugar, cinnamon, baking soda and salt. Combine eggs, oil and vanilla; stir into dry ingredients just until moistened (batter will be thick).</p> <p>Fold in carrot mixture. Fill greased or paper-lined muffin cups two-thirds full.</p> <p>Bake at 375° for 20-22 minutes or until muffins test done. Cool in pan 10 minutes before removing to a wire rack. Yield: 18 standard size muffins.</p>	<p>Recipe for Favorite Omelet:</p> <p>3 Eggs pinch of Salt 1.5 t. Butter 1/4 c. Favorite Cheese, Shredded</p> <p>Crack the eggs into a bowl, add salt and blend with a fork. Heat a 10-inch nonstick aluminum pan over medium-high heat. Once the pan is hot, add the butter and brush around the surface of the pan. Pour the eggs into the center of the pan and stir vigorously with a rubber spatula for 5 seconds. As soon as it begins to be solid, lift the pan and move it around until the excess liquid pours off into the pan. Using your spatula, move it around the edge of the egg mixture to help shape into a round and loosen the edge. Add cheese. Let the omelet sit in the pan for 10 seconds without touching. Shake the pan to loosen from the pan. Using your spatula, fold over one-third of the omelet. Slide the omelet onto a plate and fold over so that the omelet is a tri-fold.</p>	<p>Steel Cut Oats with Strawberries Recipe:</p> <p>1 T Unsalted Butter 1 c. Steel-cut Oats 1 c. Whole Milk 3 T Light Brown Sugar 1/2 t. Salt 2 cups Strawberries</p> <p>Melt the butter in a medium saucepan over medium heat. Add the oats and toast, while stirring, until they smell nice and nutty, about 3 minutes. Add 3 cups water, the milk, brown sugar and salt. Turn up the heat, bring to a simmer and cover. Cook for 20 minutes, stirring occasionally to keep the oats from sticking to the bottom of the pan. Cook for 10 more minutes, stirring on occasion, until the oats are soft and creamy. Stir in the berries right before serving.</p>	<p>Turkey Sausage Scramble Bowl</p> <p>8 links turkey breakfast sausage, cut into ½-inch pieces ¼ cup thinly sliced sun-dried tomatoes 4 whole eggs 4 egg whites 6 tbsp water 2 tbsp thinly sliced fresh basil Salt and pepper to taste</p> <p>Coat a medium skillet with cooking spray and set over medium-high heat.</p> <p>Add turkey sausage pieces and cook until the sausage is golden brown and cooked through, stirring occasionally.</p> <p>Add sun-dried tomatoes and saute for 1 additional minute. Set aside</p> <p>In a medium bowl, whisk together eggs, egg whites and water. Heat a large nonstick skillet over medium heat. Coat with cooking spray.</p> <p>Add eggs and let cook, without stirring the eggs, until they begin to set. Using the back of a spatula, push the eggs across the pan. Let set again and continue until the eggs are cooked. Gently stir in the sausage, sun-dried tomatoes and basil. Season with salt and pepper. Serve.</p>
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