

THE BREAKFAST ISSUE

# relish®

SEPTEMBER 2022

Secret-Ingredient  
Avocado Toast  
*page 6*

Spicy Sausage  
Skillet  
*page 9*

Omelets for a  
Crowd!  
*page 10*



# Pancake PARTY!

Breakfast  
Grazing Board,  
*page 8*

# First Bite

SEPTEMBER 2022 • [relish.com](https://relish.com)

## ON SHELVES

Who hasn't had leftover pizza for breakfast? **DiGiorno**

**Croissant Crust Pizza** (\$9.30, grocery stores) was made for mornings, with a croissant crust and classic breakfast toppings. Try the sweet Cinnamon Roll, or for something savory, enjoy Eggs Benedict Inspired or Sausage & Gravy, each with 10g protein per serving.



**Real Good Foods Breakfast Bowls** (\$8, grocery stores), available in Sausage and Meat Lovers, are a hearty mix of scrambled eggs, cheddar cheese, sausage, uncured bacon and grain-free tots made from cauliflower and cheese. Find them in the frozen foods aisle.

## COFFEE FILTER KITCHEN HACKS

Try these creative ways to use paper coffee filters around the kitchen from Pam Beth of [pamsdailydish.com](http://pamsdailydish.com).

**TOP IT** Cover bowls and plates in the microwave with a paper coffee filter to avoid splatters.

**DISH IT** Turn coffee filters into portable—and nonbreakable!—bowls for kids during snack time, picnics or movie night.

**CLEAN IT** Out of paper towels? Coffee filters can be used to wipe down mirrors and windows and don't leave lint or streaks.

**PROTECT IT** Protect dishes, delicate plates and cast-iron pans from scratching and rusting by placing a coffee filter between each item as you stack them.

**TAKE IT** Taking breakfast on the go? Use a coffee filter to hold breakfast sandwiches or burritos while traveling to avoid messes.

**CONTACT US** Call 800-284-5668  
or email [relish@amgparade.com](mailto:relish@amgparade.com)



## Coffee Shop COPYCAT

You don't need any special equipment to recreate this popular pick-me-up in your own kitchen.

### Coconut Cold-Brew Latte

In a glass container, pour  $\frac{1}{2}$  cup hot water over  $\frac{1}{2}$  cup coarsely ground medium-roast coffee; let stand 10 minutes. Stir in  $3\frac{1}{2}$  cups cold water. Cover and refrigerate 12 to 24 hours. (The longer the coffee sits, the stronger the flavor.) In a

saucepan, bring 1 cup water,  $\frac{1}{2}$  cup sugar and  $\frac{1}{2}$  cup sweetened shredded coconut to a boil. Reduce heat and simmer 10 minutes. Strain and discard coconut. Cool completely; refrigerate in a glass jar. Strain cold coffee through a fine mesh sieve; discard grounds. Strain coffee again through a coffee filter. Store coffee in the refrigerator up to 2 weeks. For each serving, fill a large glass with ice. Stir in 1 cup cold brewed coffee and 4 tablespoons coconut syrup. Top with 2 tablespoons canned coconut milk. Makes 4 servings

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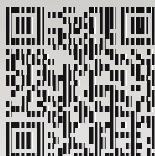
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# School-Night CHEFS

Kids  
can cook,  
too!



## FUN FACT!

### Veggie Cousins

Plants have families just like people do! Broccoli, cauliflower, cabbage and kale are all part of the same plant family called Brassicaceae. They have similar flavors, so if your kids like broccoli, they just might enjoy one of its cousins!

## Sheet-Pan Barbecue Chicken and Broccoli

You'll have regular help in the kitchen once your crew discovers how fun and easy it is to measure, toss and bake!

4 (6- to 8-ounce) boneless, skinless chicken breasts

$\frac{1}{4}$  tsp plus a pinch of salt, measured separately

$\frac{1}{4}$  cup barbecue sauce

1 pound broccoli florets

2 Tbsp extra-virgin olive oil

**1.** Adjust oven rack to upper-middle position and preheat oven to 450°F. Line a baking sheet with aluminum foil and coat lightly with nonstick cooking spray.

**2.** Pat chicken dry with paper towels. Place chicken in center of baking sheet. Sprinkle evenly with  $\frac{1}{4}$  teaspoon salt. Brush chicken evenly with barbecue sauce.

**3.** Place broccoli in bowl. Break any large florets into small pieces. Add oil and remaining pinch of salt and toss until broccoli is coated with oil. Arrange broccoli around chicken on baking sheet.

**4.** Bake until chicken registers 165 degrees, 12 to 14 minutes. Place baking sheet on cooling rack. **Serves 4**

Per serving: 268 calories, 9g fat, 90mg cholesterol, 32g protein, 47g carbs, 7g sugar, 4g fiber, 686mg sodium

## PREPARE FOR SUCCESS

Run through this equipment checklist with your budding chef before getting started:

Measuring spoons

Liquid measuring cup

Rimmed baking sheet

Aluminum foil

Paper towels

Pastry brush

Large bowl

Instant-read thermometer

Oven mitts

Cooling rack

— All for —

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## Avocado + Pea Toast

Sweet frozen peas blend almost undetectably with avocado but add extra antioxidants, zinc and vitamins C and E.

1 large avocado  
1 lemon, juiced (about 2 Tbsp)  
1/4 cup frozen peas, thawed  
1/8 tsp kosher salt  
2 large slices whole-grain bread, toasted  
2 tsp everything bagel seasoning, divided  
1/2 medium tomato, cut into 4 slices  
1/2 teaspoon olive oil

1. Halve avocado. Remove pit, scoop flesh from one half of the avocado and place in a bowl. Scoop the other avocado half out of its skin, leaving the flesh intact, and slice into 1/4-inch slices. Sprinkle both halves with lemon juice.

2. Add peas and salt to the bowl with avocado and mash until mostly smooth.

3. Spread the mixture onto each toast slice. Layer the sliced avocado on top of the avocado spread, and sprinkle each with 1/2 tsp of bagel seasoning. Top with tomato slices, olive oil, and remaining seasoning. **Serves 2**

Per serving: 254 calories, 16g fat, 0mg cholesterol, 5g protein, 25g carbs, 3g sugar, 10g fiber, 333mg sodium

Reprinted with permission from More Veggies Please! by Nikki Dinki (BenBella Books, 2021)



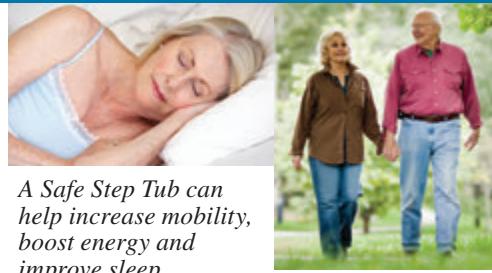
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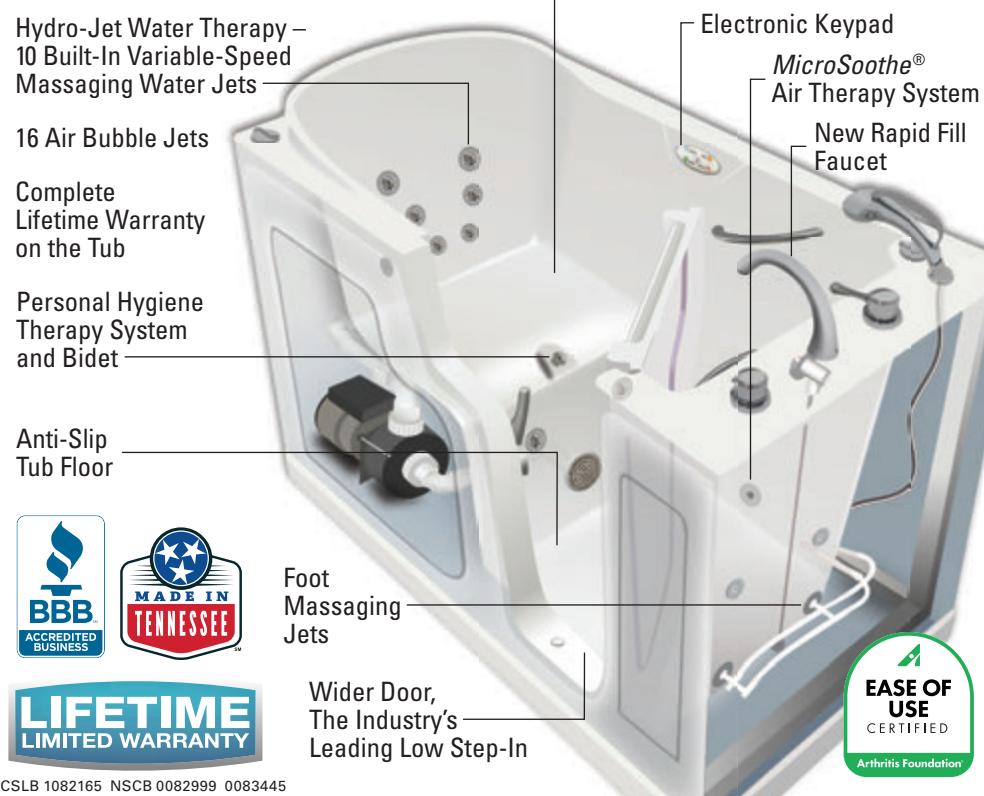


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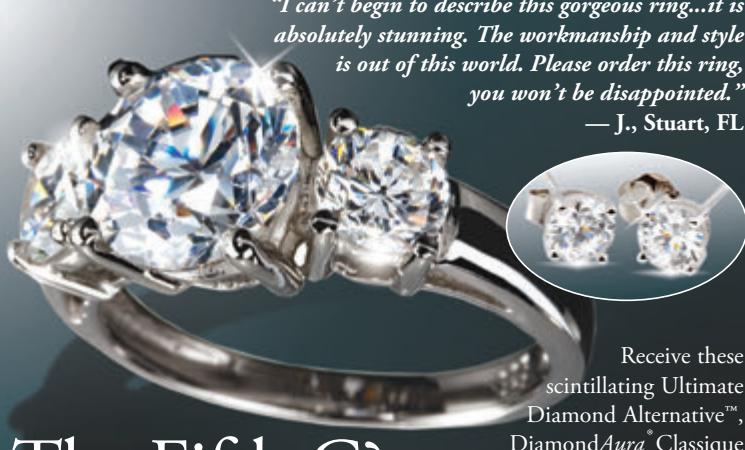
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# All Aboard for BREAKFAST

Pancakes make the perfect centerpiece for a grazing board that'll have everyone up and at 'em!

## Brown Sugar Silver Dollar Pancakes (on the cover)

These slightly sweet, toasty, two-bite 'cakes are irresistible.



1 cup flour	2 Tbsp unsalted butter, melted and cooled
5 Tbsp brown sugar, divided	1 large egg
2 tsp baking powder	Vegetable oil for griddle or skillet
½ tsp salt	
1 cup whole or skim milk	

**1.** In a small bowl whisk together flour, 2 tablespoons of brown sugar, baking powder and salt.

**2.** In a medium bowl whisk together milk, butter and egg. Add dry mixture to the milk mixture, whisking just until wet. Do not overmix.

**3.** Heat a large skillet or griddle over medium. Using a folded paper towel dipped in the oil, carefully coat the skillet or griddle.

**4.** For each pancake, spoon a couple tablespoons of batter onto the hot skillet, spreading out with a spoon to make 3- to 4-inch pancakes. Sprinkle a bit of the remaining brown sugar onto the pancakes. Then, when a few bubbles form, flip and brown on the other side.

### Soft Maple Butter

In a bowl, whisk together 2 sticks of softened **butter** and 3 tablespoons of **maple syrup** until smooth.

**Makes 1 cup**

**5.** Place cooked pancakes on a sheet tray loosely covered with foil in a warm oven. Continue with remaining batter, greasing skillet with oil before each batch, until all batter is used.

**Makes 15 to 20**

*Per serving: 53 calories, 2g fat, 14mg cholesterol, 1g protein, 8g carbs, 3g sugar, 0g fiber, 115mg sodium*

## BUILD THE BOARD

**START WITH** A large round or rectangular cutting board or tray

**ARRANGE** Layer the pancakes in a winding pattern across the board, then add in little piles of breakfast favorites: halved hard-boiled eggs with salt and pepper, bacon, sausage patties, fresh fruit, and pancake toppers like berry preserves, apple butter, yogurt, shredded coconut, chopped nuts and sprinkles.



deadline dinner

TASTE OF HOME

# Morning to Night

Has there ever been a better busy-night hack than breakfast for dinner?

## Spicy Cajun Sausage Skillet

*A staple breakfast ingredient shines in this 20-minute meal. Top with a few fried eggs for extra a.m. vibes.*

- 1 lb hot ground turkey breakfast sausage (like Jimmy Dean)
- 1 large onion, chopped
- 1 green bell pepper, chopped
- 1 (14.5-oz) can diced tomatoes with garlic and onion, undrained
- 1 (14.5-oz) can low-sodium chicken broth
- 3 tsp low-sodium Cajun seasoning (like Tony Chachere's)
- ¼ tsp pepper
- 2 bags boil-in-bag rice
- Louisiana-style hot sauce (optional)

1. In a large nonstick skillet, cook and crumble sausage with onion over high 5 to 7 minutes, until no longer pink.

2. Stir in tomatoes, broth, Cajun seasoning, pepper and contents of rice bags. Bring to a boil, then reduce heat and simmer, covered, 8 to 10 minutes, until liquid is absorbed and rice is tender. Add hot sauce if using.  
**Serves 4**

*Per serving: 423 calories, 16g fat, 75mg cholesterol, 23g protein, 33g carbs, 7g sugar, 3g fiber, 1808mg sodium*

*Recipe originally published in Taste of Home The Best of Country Cooking, copyright 2020 by Trusted Media Brands, Inc. Used by permission. All rights reserved.*

## 's Special Chicken Fried Rice

- 1 Long day
- 1 Hungry partner
- 1 Ben's Original Jasmine rice
- 2 Dashes of secret sauce
- 2 Clean plates



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## Scrumptious Omelet

A fun, tasty recipe  
to make as a family!



Prep Time: 10 Min. | Cook Time: 10 Min. | Serving Size: 2

### INGREDIENTS

4 Eggland's Best eggs, large  
1 small onion  
1/2 green pepper  
1/2 cup chopped ham  
1/2 cup shredded mozzarella cheese  
Pinch of salt and pepper  
Fresh cut chives for garnish

### PREPARATION

1. Stir Eggland's Best eggs and mix in salt and pepper, onion, green peppers, chopped ham
2. Pour in large to medium saucepan, bake on medium heat until you can lift up the sides
3. Once you can lift, sprinkle cheese on top fold sides and flip so the cheese can melt
4. Move to a plate, sprinkle chives and enjoy! You have a scrumptious omelet!

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\*compared to ordinary eggs

remixed



## Sheet-Pan Omelet

Customize this one-pan breakfast with your favorite meats and veggies. It's extra-tasty served with salsa or hot sauce and sour cream.

12 large eggs  
½ cup milk or heavy cream  
½ cup diced ham  
1 cup diced bell pepper, any color  
¼ cup diced red onion  
½ tsp salt  
¼ tsp pepper  
¾ cup shredded cheddar cheese

# EASY Does It

Making omelets for a crowd can take all morning—try this instead!

1. Preheat oven to 350°F. Spray a rimmed sheet pan with nonstick cooking spray or line with aluminum foil.
2. In a large bowl, whisk eggs and milk or cream together. Stir in ham, bell pepper, onion, salt and pepper. Pour mixture into prepared pan and sprinkle with cheese.
3. Bake 20 to 30 minutes or until top is lightly browned and eggs are set. Cut into squares and serve immediately. **Serves 8**

Per serving: 180 cal, 12g fat, 296mg cholesterol, 15g protein, 4g carbs, 2g sugar, 0g fiber, 406mg sodium

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— Janet F.

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