



Extension Nutrition Programs

FSNEP/EFNEP

Special Occasion Breakfasts

May is a special month for celebrations. Mother's Day and graduations are two special events that come to mind. Why not celebrate the coming of warmer weather and the return of spring's green? Here are some special occasion breakfast recipes sure to please your family and friends. Add a fruit salad, muffins, and your favorite beverage and you have the makings of a party!

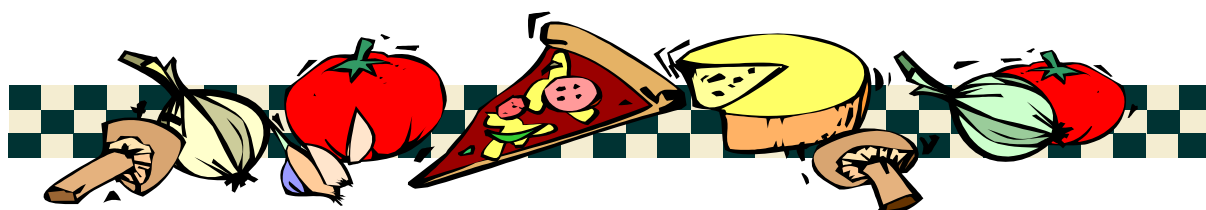
Sausage Breakfast Pizza (Serves four)

- 6 ounces bulk breakfast sausage, cooked and drained
- 1 can refrigerated crescent rolls
- 1 cup hash brown potatoes**
- ½ cup green bell pepper, diced
- 1/8 to ¼ cup onion, diced
- ½ cup cheddar cheese, grated
- 3 eggs, beaten
- ¼ cup milk (or water)

Preheat oven to 375°. Separate crescent rolls into eight triangles. Place in an ungreased pizza pan*** with points toward the center. Press crescent rolls together to form a crust and seal perforations. Sprinkle cooked sausage evenly over crust. Top with potatoes, then peppers and onions. Sprinkle cheese over the top. Scramble eggs with the milk. Pour slowly over all ingredients, trying not to have egg mixture leak over the crust. Bake for 25-30 minutes or until crust is browned and eggs are set.

** You may substitute "O'Brien hash brown potatoes" which already have onions and peppers mixed in, and eliminate the diced peppers and onions in the recipe.

*** If you do not have a pizza pan, unroll crescent rolls and do not separate. They will be in a rectangular shape. Press rolls together to form a single crust on a cookie sheet.



Overnight French Toast

(Serves six)

2 Tablespoons corn syrup + ½ cup butter (or margarine) + 1 cup brown sugar **or** 1 cup pancake syrup + 1/3 cup butter or margarine

1 loaf French bread

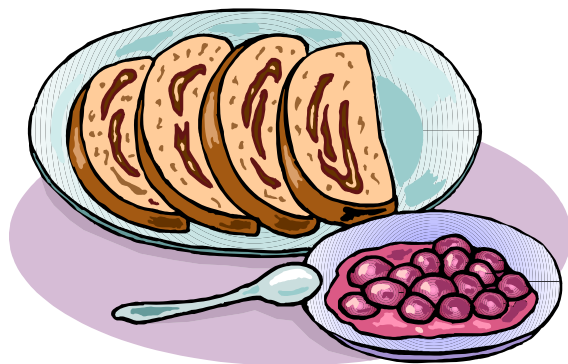
5 eggs

1½ cups milk

1 Tablespoon vanilla

¼ teaspoon salt

In a small pan combine corn syrup, butter and brown sugar (or alternative), and simmer about five minutes. Pour into a 9"x13" pan and set aside. Slice crust off bread, if desired, and cut into thick slices. Place slices on syrup in pan. Mix together eggs, milk, vanilla and salt, and pour over bread. Refrigerate overnight. In the morning, preheat oven to 350°. Bake uncovered for 45 minutes.



Huevos Rancheros

(Serves two)

4 corn tortillas

½ can refried beans, heated (or refried black beans, if you prefer)

4 eggs

4 Tablespoons salsa

3 Tablespoons butter or margarine**

¼ cup grated cheese, cheddar or Jack

In a frying pan, melt 2 tablespoons butter or margarine. Place tortillas in the pan, one at a time to soften in butter. Turn tortilla over to heat both sides. Remove to a plate and keep warm in the oven at 200°. Continue heating tortillas.

Heat beans in a small saucepan or in the microwave. Be sure to cover beans when heating in the microwave to prevent splatter.

Cook eggs according to taste in remaining butter. Generally eggs "over easy" are used, but scrambled eggs work just as well.

Place two warm tortillas on each plate. Top with the beans and sprinkle with grated cheese. Place eggs on top of cheese. Now top with salsa.

** To reduce the fat in the recipe, you may use cooking spray to prepare tortillas and eggs, and be sure to choose "no" or "low" fat refried beans.

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