

Cucumber and Melon Salad with Lime Vinaigrette

Source: Chef DeWayne Shaaf



Ingredients	Measure	For ____ Servings	Directions
Summer melon.....	1.....		1. Skim and seed melon. Cut into 1 inch cubes.
Cucumbers, skinned.....	1.....		2. Slice cucumbers in half and then into ½ inch slices.
Salt..... Pepper..... Lime Vinaigrette.....	to taste		3. Combine melon and cucumber. Toss with seasonings and lime vinaigrette.
Spring lettuces.....	1 bag.....		4. Serve melon and cucumber salad in a bed of spring lettuces.

Lime Vinaigrette

Ingredients	Measure	For ____ Servings	Directions
Lime zest..... Lime juice, fresh..... Salt..... Olive oil..... Scallions.....	1 tsp..... 1/2 cup..... 1 tsp..... 8 Tbsp..... 2.....		1. Combine all ingredients in a blender. Pulse until well mixed.

Hot Barley & Oatmeal Breakfast

Hot Cereal	Toppings
1 ½ cup rolled oats (not quick cooking type)	Walnuts, lightly toasted
½ cup rolled barley flakes (not pearled)	Raisins or other dried fruits
2 ¼ cup water	Honey or maple syrup
¼ tsp butter flavoring (butter if you dare)	
½ tsp cinnamon	
Dash salt (opt)	
½ tsp vanilla extract	

Bring water to a boil. Add barley, oats and cinnamon, and optional salt. Cook about 10-14 minutes. Stir in vanilla. Place in a serving bowl and sprinkle walnuts and/or dried fruits overall. A bit of honey or maple syrup will sweeten it up. You can make this the night before, just add water and microwave. *<You can use all oats if you don't like or have barley. Steel cut oats and pearled barley need more water and about 45 minutes of cooking.>*

Winner of Best Overall
and Best Presentation

Poached Egg Buffet Bar

Poach an egg, usually until well set or however you like it. Place a very thin slice of toast in the bottom of a bowl, or just put the egg in without it. Salt or skip the salt, these don't really need it. Use any combination of the following toppings:

- Easter Eggs: Spread a very thin layer of poupon style mustard over the poached egg. Top with sliced steamed spinach or asparagus with a grind of pepper. Sprinkle flax meal over it as a garnish.
- Eastern Eggs: Layer steamed spinach over the egg. Dollop a bit of hummus or fresh cheese atop all.
- Latin Eggs: Spoon salsa on top of the eggs. Crumble some fresh Mexican cheese overall (queso fresco).
- Lawnmower Eggs: Use any combination of fresh vegetables that have been steamed from last night's dinner. Layer a healthy serving in a bowl. Lay the poached egg on top and sprinkle with flax meal. You can put a dollop of mustard, hummus, salsa or queso fresco on top.
- Manly Man Eggs: Put a poached egg in a bowl. Top with bacon bits. Pretend it's a fried egg platter over hash browns with a side of sausage and half a pound of bacon.



Crustless Spinach Quiche

Ingredients:

- 2 lbs low fat small curd cottage cheese
 - 10 oz frozen chopped spinach (thawed and well drained) (Thawed broccoli works well also)
 - 6 eggs, beaten
 - 6 Tablespoons flour
 - 12 oz low fat cheddar cheese
 - 1 stick melted butter or margarine
- Mix cheeses, eggs, and flour, then add spinach and butter.

Spray 13x9 pan and bake uncovered at 350 degrees for one hour.

Almond Butter and Banana Bagels

Ingredients:

Ingredients:

- 2 Tablespoons Almond butter
- ½ Banana
- 1 Whole wheat bagel

1. Toast bagel if desired.
2. Spread each half of bagel with half of the almond butter.
3. Slice banana; top almond butter with banana.



Berry Smoothies

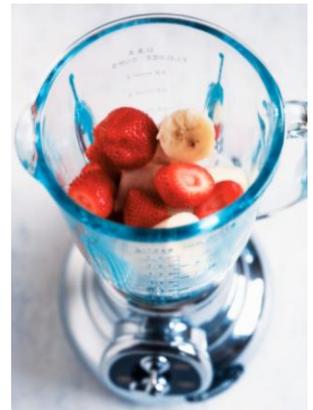
Ingredients:

- Assortment of frozen berries
- Fat free vanilla yogurt or yogurt of choice
- Apple juice or juice of choice

Directions:

1. Add some of each ingredient into a blender, mostly yogurt and berries. (The juice helps to thin the mixture so you do not need much.)
2. Blend until smooth and semi-thick, like a milkshake. May need to add additional ingredients until desired consistency.

Winner of Best Grab-and-Go Breakfast



TT's Heart Healthy Breakfast Parfaits

Layer the following items:

- Low-calorie Vanilla Yogurt
- Granola
- Sliced strawberries or Mandarin Orange (in light syrup)

Then repeat the layers.

Top the parfaits off with a few blueberries to give them more color.



How To Cook Granola

AMOUNT	INGREDIENTS	METHOD
42 oz. 1 cup 1 cup	Oatmeal, quick-cooking or regular Sunflower seeds Nuts, chopped	1. In a large bowl, mix these ingredients together.
2 cups 1/2 cup 1 cup	Brown sugar Vegetable oil Water	2. Mix together until sugar is fairly well dissolved. 3. Pour over oat mixture and stir. 4. Spread mixture onto 3 large cookie sheets. 5. Bake at 350 degrees for 30-40 minutes or until toasted, stirring every 10-15 minutes.
1-3 cups	Raisins or Craisins (optional)	6. While oat mixture is cooling, add raisins/craisins. 7. Store in airtight containers until used.
Per ¼ cup serving: 121 calories, 4 gm fiber, 28 gm carbohydrate, 3 gm protein		

Berry French Toast

Ingredients

½ cup egg beaters or other egg substitute
½ cup skim milk
1 Tablespoon granulated Splenda or sugar substitute to taste
Dash of cinnamon and nutmeg
Whole wheat bread—about 8-10 slices
4 oz low-fat cream cheese, softened
4 oz sugar free jelly—any flavor desired, but used strawberry

Berry Sauce

1 small bag of frozen berries
1 teaspoon of corn starch
1 Tablespoon of granulated Splenda (or sugar substitute of your choice to taste)

Directions:

1. Heat skillet over medium high heat.
2. Mix egg beaters, milk, Splenda, cinnamon and nutmeg in shallow bowl.
3. Blend softened cream cheese and jelly.
4. Spread the cream cheese and jelly mixture over a slice of bread. Top with another slice of bread to make a sandwich.
5. Quickly dip the sandwich into the egg mixture, making sure the entire sandwich gets moistened.
6. Cook sandwich in skillet until golden brown on each side and desired doneness.
7. Top with berry sauce and powdered sugar if desired.

To make berry sauce:

1. Defrost berries.
2. Place berries, cornstarch and Splenda in medium sized sauce pan. Mix well.
3. Cook over medium high heat until bubbly. Cook 30 seconds to 1 minute until mixture starts to thicken. Serve over French toast while still warm.

Winner of Best use of
Fruit or Vegetable

