

Back to School Recipes

Hash Brown One Eyes

Serves 3

You can fry the hash browns about an hour before, since you have to bake them to cook the egg anyway.

Ingredients

2 baking potatoes
1 small onion
1 teaspoon salt
1 egg
2 tablespoons flour
oil for frying
3 eggs

Grate the potatoes and the onion. Don't do this much before frying, as the potatoes will brown. Add the salt and flour, then beat in the egg.

In a frying pan, add oil to about 1/2 inch deep. Heat over medium heat until a shred of potato dropped in sizzles immediately. Gather one third of the potato mixture into a ball, squeeze out some of the liquid, and add to the frying pan. Flatten with a spatula, and cook on each side about 6-7 minutes until nicely browned. Remove to a paper towel to drain and repeat twice more.

About 30 minutes before serving, preheat the oven to 400°F. Arrange the pancakes on an oiled baking sheet, and do your best to smoosh a well down in the center of each. Carefully crack an egg into this recession and sprinkle with salt and pepper. Bake for 10-15 minutes, until the white is set and the yolk is as set as you like. Serve with ketchup and, in the spirit of Hanukkah, pesto sour cream (just mix a couple tablespoons of pesto with about 1/2 cup of sour cream or creme fraiche).

Courtesy: Big Girls, Small Kitchen

Peanut Butter Banana Quesadillas

Serves 4

Ingredients:

2 medium bananas, sliced
1/2 cup peanut butter
1/4 cup honey
1/4 teaspoon cinnamon

4 whole wheat tortillas
butter

Spread butter onto one side of each tortilla. Flip over and spread peanut butter onto the other side. Squirt honey on top of peanut butter and layer sliced banana onto one half of the tortilla. Fold the tortilla in half.

Grill folded tortillas over medium heat for 3-5 minutes each side depending on darkness desired.

Remove from heat, cut into wedges and serve with an ice cold glass of milk.

Oatmeal in the Crockpot

Prepare ahead of time; serves 2

Ingredients:

1 cup steel cut oatmeal
2 cups water
2 ½ cups milk
1 tsp cinnamon
¼ cup raisins or other dried fruit

Before going to bed the night before, pour all ingredients into crock-pot. Stir and cover. Cook on low for 8 hours. The next morning, oatmeal is ready to eat! Add brown sugar, honey, nuts, etc. and serve.

Egg-in-the-Hole

Serves 1

Ingredients:

1 slice bread (pre-sliced wheat bread works better with cookie cutters)
2 tbsp butter
1 egg
salt and pepper

Using cookie cutter, cut fun shapes out of the center of the bread. (For the first day of school try things like letters, numbers, school bus, etc.)

Melt butter in skillet over medium heat. Place bread and bread cut-out in skillet and toast for about one minute.

Crack the egg into the hole and season with salt and pepper to taste. Cook for another 2 minutes on same side.

If it looks like you need more butter, add a little more to the pan, and then flip toast with egg and toast cut-out. Cook another 2 minutes for a runny yolk or longer for a set yolk.

Serve both egg-in-hole and toast cut-out together for dipping.

Courtesy: FoodNetwork.com

Good Morning Muffins

Prepare ahead of time; makes 1 dozen muffins

Ingredients:

2 tsp unsalted butter
2 cups whole wheat flour
1 cup raw sugar
2 tsp baking soda
2 tsp ground cinnamon
½ tsp salt
1 cup grated carrots
1 cup grated parsnips
¼ cup golden raisins
¼ cup dark raisins
½ cup chopped pecans
½ cup shredded coconut
1 Granny Smith apple, peeled, cored and chopped
2 large eggs
1 cup vegetable oil
2 tsp vanilla extract

Position a rack in the center of the oven and preheat oven to 350°F. If not using muffin cups, grease the wells of the muffin pan with the butter and set aside.

Sift the flour, sugar, baking soda, cinnamon and salt into a mixing bowl. Stir in the carrots, parsnips, raisins, pecans, coconut and apple.

In another bowl, combine the eggs, vegetable oil, and vanilla extract and whisk until smooth.

Add the wet mixture to the flour mixture and stir until the batter is just blended. Spoon equal amounts of the batter into the wells. Bake until the muffins spring back to the touch and are golden brown, about 35 minutes.

Using oven mitts or pot holders, carefully remove the muffins from the oven and transfer to a wire rack to cool for 5 minutes. Remove the muffins from the muffin pan and set aside to cool completely.

Once cooled completely, you can freeze for up to a week. When ready to serve, thaw at room temperature and pop them in the oven for a few minutes to warm up.

Courtesy of Emeril Lagasse, *There's a Chef in My Family*.