

Chef Fred Laughlin, Great Lakes Culinary Institute  
and the  
NMC Wellness Committee  
presents  
Three Squares Series  
“3 Healthy Breakfasts”

MARCH 9, 2012

## GRANOLA

Yield = 2 1/2 lb

INGREDIENT	MEASURE
Sesame Seeds	1/2 cup
Almonds, slivered	1 cup
Sunflower Seeds	1/2 cup
Cashews (unroasted)	1 cup
Coconut (shredded)	1 1/4 cup
Rolled oats (old-fashioned)	4 cups
Honey	1/2 cup
Currants, dried	1 cup

### Method:

1. Toast sesame seeds in a skillet until browned. Remove.
2. Add the almonds to the skillet and toast until golden brown. Add the sunflower seeds and continue to toast until the almonds have a deep golden color.
3. Add the cashews, coconut and oats to the skillet. Continue to toast, stirring constantly, until lightly browned.
4. Add the sesame seeds back to the skillet along with the honey. Heat for about five minutes or until the honey has coated all the ingredients.
5. Remove the pan from the heat, stir in the currants and spread the mixture in an even layer on a sheet pan.
6. Bake the mixture in a 350 °F oven until the mixture is a rich golden brown (about 10 - 15 minutes).
7. Remove from the oven and cool on paper toweling. When cool, break the granola into small chunks and store.

## REAL SWISS MUESLI

Yield = as much as you want

### Ingredients:

Oats (rolled)  
Plain or Vanilla Yogurt  
Skim Milk  
Bananas (small dice)  
Oranges (peeled, segmented and diced)  
Apples (peeled, cored small dice)  
Dried Fruit (blueberries, cherries, raisins, dates)  
Apple cider (warmed)  
Honey  
Cinnamon  
Nutmeg  
Vanilla  
Salt

### Method:

1. Place a quantity of oats into a large bowl. Stir in enough yogurt to wet the oats and form a pasty mixture.
2. Prepare apples and bananas. Place apple and banana pieces into a bowl.
3. Peel and segment oranges. Dice into small chunks. Be careful to catch all the juice. Place oranges and juice into the bowl with the apples and bananas. Toss the fruit mixture together. You may want to add a little extra fresh-squeezed orange juice to the mixture.
4. Add the fruit to the oats and stir in.
5. Soak the dried fruit in apple cider. Cool and let the fruit plump slightly.
6. Mix the plumped dried fruit into the oat mixture along with the honey and spices. Taste, and add salt as needed.
7. Cover tightly and refrigerate overnight.
8. For breakfast, place some of the muesli in a cereal bowl and thin with skim milk. Serve cold or warmed.

## MANY-GRAIN WAFFLES OR PANCAKES

INGREDIENT	MEASURE
Whole wheat flour	2 cups
Oat Flour	1 cup
Brown Rice Flour	1 cup
Baking powder	1 tbsp
Baking soda	1 tsp
Salt	1 tsp
Eggs	4
Cooking oil (optional)	1 OZ
Buttermilk	4 cups

Method:

1. Beat egg yolks with oil and add buttermilk. Combine the flour, bran, baking powder, soda, and salt.
2. Add dry ingredients to buttermilk mixture.
3. Fold in beaten egg whites.
4. Makes 12 9" waffles.

## PUMPKIN OR BANANA PANCAKES

Yield = 18 medium pancakes

INGREDIENT	MEASURE
Whole wheat flour	2 cups
Baking powder	1 tbsp
Baking soda	1 tsp
Salt	1 tsp
Eggs	2
Buttermilk	1 ½ cups
Bananas (peeled, mashed) or Pumpkin (prepared)	1 cup

Method:

1. Sift together dry ingredients.
2. Beat liquid ingredients, including the pumpkin or banana, until smooth.
3. Pour liquid mixture into dry mixture.

## WARM CITRUS SALAD

Serves 6

INGREDIENT	MEASURE
Grapefruit	4
Oranges	8 ea
Honey	6 oz
Cinnamon	1/2 tsp
Chopped Dates	1/4 cup
Vanilla Low-fat Yogurt	3/4 cup per person

Method:

1. Segment the fruit being careful to collect the juice.
2. Add the honey, dates and cinnamon and blend well. Let stand for at least two hours and serve at room temperature over the yogurt.

## FRITTATA

INGREDIENT	MEASURE
Vegetable oil	3 tbsp
Tomatoes, chopped	1 cup
Fresh mushrooms, chopped	1 1/2 cups
Chopped onion	3/4 cup
Green bell pepper, chopped	3/4 cup
Garlic, minced	1 clove
eggs, beaten	6 - 8
Half-and-half cream or milk	1/2 cup
Shredded Cheddar cheese (or any other cheese you may like)	3 cups
Salt	1 tsp
Black pepper, ground	1 tsp

### Method:

1. Preheat oven to 350 degrees F. Lightly grease a 9x13 inch baking dish.
2. In a large skillet or frying pan, heat oil over medium high heat. Add tomatoes, mushrooms, onion, green pepper and garlic; sauté until tender. Remove from heat and let cool slightly.
3. In a large bowl, beat together the eggs and cream. Stir in cream cheese, cheddar cheese, bread cubes and sautéed vegetables. Season with salt and pepper. Mix well and pour into prepared baking dish.
4. Bake in preheated oven for one hour, or until center is set. Serve hot or cold.

Serves six to eight people

## SCONES

INGREDIENT	MEASURE
AP Flour	14 OZ (about 3 ½ cups)
Granulated Sugar	¼ cup
Baking Powder	4 TSP
Salt	1/2 TSP
Heavy Cream	13 FLOZ
Honey	2 OZ
Orange Zest	1 TBL

### Method:

1. Combine dry ingredients.
2. Add the cream, honey and orange zest. Mix until the ingredients form a smooth dough. Do not over mix.
3. Form dough into a round.
4. Slightly flatten and cut into 8 equal pieces.
5. Brush with additional cream and sprinkle with course sugar.
6. Bake 375 -400<sup>0</sup>F for about 10 - 12 min.

Variation: Add 3 oz (about 1 cup) of dried chopped fruit.  
OR fold in 4 oz (about 1 ½ cup)) frozen or fresh fruit.

### Whole Wheat Flour Scones:

Reduce bread flour to 10 oz (2 ½ cups) and add 4 oz (about 1 cup) whole wheat flour.

Makes eight large scones

## LOW FAT FOOD PREPARATION TIPS

- Identify sources of fat in the recipe.
- Determine the function of the fat (flavor, starch separation, pan prep.).
- Adapt Recipes to use less fat.
- Adjust flavors.
- Cooking Techniques that use little or no fat:
  - *Boiling or steaming*: use water, defatted stock, wine or no-fat milk.
  - *Roasting or baking*: Use vegetables with thick skins, marinate meat, roast meat on a rack.
  - *Sautéing or stir-frying*: use stock, vegetable, fruit juices or wine. Use no more than 1 tsp oil per serving.
  - *Grilling*: Grill vegetables, meats, fish and seafood.
  - *Stewing or Braising*: Add arrowroot or cornstarch to thicken liquid.



## FAT SUBSTITUTIONS

- Grain and bean thickeners
- Pureed fruits and vegetables
- Use non-stick cooking surfaces
- Sauté in stock
- Dry sauté: sear the food in very hot pan coated with small amount of vegetable spray.
- Use infused oils
- Serve smaller portions of meat
- Poach or steam
- Pan smoke
- Grill
- Cook en pappillote
- Use wines and liquors
- Use fat-free sauces: coulis, chutneys, salsa, and relishes.
- Use essence of vegetable stocks.