



Breakfast, Brunch, Lunch... Oh my!



These are some fan favorite recipes we know you love!

Eggs in a basket

1. Take a slice of bread and make a hole in the middle by using a cup or cookie cutter
2. Heat pan on medium heat
3. Butter toast and circle and place in pan for 1-2 minutes
4. Flip toast and crack an egg into the hole
5. Cook for 1-2 minutes, flip and cook until egg is at desired consistency



French Toast

1. Beat egg with a fork or whisk (Optional: add vanilla or cinnamon)
2. Heat pan on medium heat and spray with nonstick spray
3. Dip both sides of bread in egg mixture
4. Cook until golden brown on both sides!
5. Try adding fruit, yogurt or peanut butter for an extra special breakfast!



Egg & Cheese Sandwich

1. Prepare your eggs however you like! Scrambled or over medium works best!
2. Toast bread in toaster or in a pan
3. While eggs are hot add cheese and allow to melt
4. Put it all together and you have yourself a fun sandwich!
5. Add tomato, spinach or salsa for an added flavor!

Veggie Frittata

1. Preheat oven to 375 degrees
2. Spray muffin tin with nonstick spray
3. Whisk egg and add a splash of milk, chopped pepper, onion, zucchini and cheese
4. Pour into muffin tin
5. Bake until egg mixture puffs and is just set in center (about 10 minutes) or in microwave safe dish for 1-2 minutes



Omelet

1. Heat pan on medium heat
2. Spray with nonstick spray or coat with butter
3. Whisk egg with a splash of milk
4. Pour into pan and season with salt and pepper
5. When eggs are almost set on the surface, cover half of the eggs with desired toppings (Cheese and veggies)
6. Fold in half and cook until cheese is melted



Breakfast Burrito

1. Scramble egg in greased pan over medium heat
2. Add veggies and cook until soft
3. Lay out tortilla shell and add eggs & cheese
4. Optional: add salsa or lettuce



Egg Salad Sandwich

1. Hard boil eggs: Place eggs in sauce pan and cover with water at least an inch over the egg
2. Heat pan on high heat to a rolling boil
3. Turn off heat, but keep pan on burner for 12 minutes
4. Pour cold water over eggs, cover and place in fridge to cool completely
5. To make egg salad: Chop hard boiled eggs and add mayo, salt and pepper. Serve on toast.
6. Optional: Add spicy brown mustard and onion

Chicken & Cheese Quesadilla

1. Thaw chicken by leaving in the fridge, heating in pan or microwave
2. Heat pan over medium heat and spray with nonstick spray
1. Place tortilla in pan and add cheese, chicken and whatever veggies you like!
2. Place another tortilla on top
3. Flip after 3-4 min, then cook for another 2-3 minutes



Taquitos!

1. Preheat oven to 425 degrees and grease baking sheet
2. Mix together taco meat, cheese and veggies of choice
3. Spread into tortillas and roll tightly
4. Place tortillas seam down on baking sheet
5. Spray top of tortilla with cooking spray
6. Bake for 15-20 minutes



Check out Cooking with the Hook:
Episode 5 for some pointers this week!
**We hope you have a great
summer Wildcats!**

