

FOOD

Winter Breakfast

Apple Skillet Pancakes

Weekends are for waking up to the delightful smells of home-made pancakes and maple syrup. These apple-flavored flapjacks are quick and easy to bake. Simply prepare the apples ahead of time, reheat them before adding batter and pop them in the oven. Servings size 4.

Ingredients

- 3 eggs
- 1/2 cup (125 mL) milk
- 1/2 cup (125 mL) all purpose flour
- 1 tbsp. (15 mL) granulated sugar
- 1 tsp. (5 mL) vanilla
- 2 tbsp. (30 mL) butter
- 1/4 cup (50 mL) brown sugar
- Powdered sugar for dusting
- Maple syrup, if desired
- 3 medium apples, peeled, cored and sliced



Instructions

1. Preheat the oven to 500 degrees F (260 degrees C).
2. In the container of a blender or food processor, combine the eggs, milk, flour, granulated sugar and vanilla. Blend until smooth, scraping down the sides of the container to make sure everything is evenly blended. Set aside.
3. Melt the butter over medium-high heat in a 10-inch (25-cm) nonstick skillet that can go into the oven. When the butter is foamy, add the sliced apples and the brown sugar. Cook, stirring occasionally, for about 10 minutes or until the apples are tender and beginning to brown. Remove from heat.
4. Pour the mixture from the blender over the apples in the pan and place the pan into the preheated oven. Immediately reduce the oven temperature to 425 degrees F (220 degrees C). Bake for 16 to 18 minutes, or until the batter is browned and slightly puffed. Remove from oven and dust with powdered sugar. Cut into wedges and serve with maple syrup, if desired.

Hashbrown Quiche

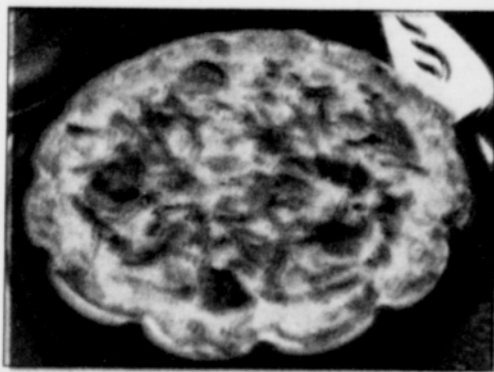
A hearty hash of buttered potatoes, smoky ham, diced onion, eggs and shredded Cheddar cheese bakes up a beautiful quiche that is a perennial favorite, perfect for holiday brunches and leisurely weekend mornings.

Ingredients

- 3 cups shredded hash brown potatoes
- 1/3 cup butter, melted
- Seasoning salt to taste
- 1 cup diced cooked ham
- 1/4 cup chopped onion
- 1 cup shredded Cheddar cheese
- 2 eggs
- 1/2 cup milk
- Salt and pepper to taste

Instructions

1. Preheat oven to 425 degrees F (220 degrees C). Press hash browns onto the bottom and sides of a 9 inch pie dish. Drizzle with melted butter, and sprinkle with seasoning salt. Bake in preheated oven for 20 minutes, or until beginning to brown.
2. In a small bowl, combine ham, onion and shredded cheese. In a separate bowl, whisk together eggs, milk, salt, pepper, and a little seasoning salt. When crust is ready, spread ham mixture on the bottom, then cover with egg mixture.
3. Reduce oven temperature to 350 degrees F (175 degrees C.) Bake in preheated oven for 20 to 25 minutes, or until filling is puffed and golden brown.



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