

## Caramel Apple Breakfast Pudding

Here is a tasty breakfast or brunch recipe for Easter entertaining. It can easily be made the night before, refrigerated overnight and baked the next morning before serving. It can be served warm or cool, depending on how you like it! The smell coming from the oven is amazing! This recipe is what I call 'nutritionally neutral' – it is low in saturated fat, but fairly high in sugar, so it is neither completely healthful nor completely unhealthful.

2 medium tart apples, such as Granny Smith, peeled and sliced, about 2 cups  
¾ teaspoon cinnamon  
½ cup packed brown sugar  
2 Tbsp. corn syrup  
2 Tbsp. soft margarine, I used Smart Balance  
¼ cup chopped pecans  
3 beaten eggs  
1 ¼ cups 1% milk  
1 teaspoon vanilla  
¼ teaspoon nutmeg  
8-10 ½" slices of French bread

Method: In a small saucepan, combine apple slices and ¼ cup water. Cover and cook over medium low heat for about 5 minutes, or until apples are tender, stirring occasionally. Drain and transfer to a small bowl. Add cinnamon and stir gently to mix. Set aside. In the same saucepan, combine brown sugar, corn syrup and margarine. Cook and stir over medium heat until mixture just comes to a boil. Pour mixture into a 2 quart glass baking dish. Sprinkle pecans over brown sugar mixture. In a medium mixing bowl, combine the eggs, milk, vanilla and nutmeg. Now you are ready to assemble: Arrange half of the bread slices atop the caramel/nut mixture, trimming bread as needed to fit the pan. Spoon the cooked apples evenly over the bread layer. Arrange the remaining bread slices on top. Carefully pour the egg mixture over the bread, pressing down gently to moisten all slices completely. Cover with plastic wrap and refrigerate for at least 3 hours, or up to 24 hours. When ready to bake, uncover and bake in a 325 degree F. oven for 40-45 minutes or until a knife inserted near the center comes out clean. Remove from oven, and run a knife around the outside edges to loosen. Let stand for about 15 mins. to cool slightly. Invert onto a platter, and spoon any remaining caramel over the pudding. Makes 8 servings.

Nutrition info per serving: 260 calories, 7 gm fat, 2 gm sat fat, 70 mg. cholesterol, 220 mg sodium, 42 gm carbs, 2 gm fiber, and 7 gm protein. Recipe from Better Homes and Gardens.

## Broccoli Egg Puff

Here is another great brunch recipe, especially for broccoli lovers! This is quick and easy to put together. You could also use a pound of frozen broccoli florets, very lightly cooked, to make it even speedier!

1 pound bunch of fresh broccoli  
2 tablespoons all purpose flour  
½ teaspoon baking powder  
5 beaten eggs  
1 cup 1% milk-fat cottage cheese  
4 slices bacon, cooked crisp, drained and crumbled  
½ cup reduced-fat shredded cheddar cheese, or your favorite

Method: Trim tough end of broccoli stalk. Remove remaining stalk and cut into small pieces. Cut broccoli buds into smaller florets. Cook stalk pieces for 1-2 minutes, then add florets and cook another 2-5 minutes or until just tender. Do not overcook – you want the broccoli to stay bright green! Drain and place into a greased 8” square baking dish. In a small custard cup, combine flour and baking powder. Set aside. In a medium mixing bowl, beat eggs. With a wire whisk, whisk in flour mixture, and then stir in cottage cheese and bacon. Pour egg mixture over broccoli. Bake in a 350 degree F. oven for about 20 minutes. Sprinkle with cheddar cheese, and bake about 5 mins. more until center is set and cheese is melted. Let stand 5 minutes before serving. Makes 6 generous servings.

Nutrition Information per serving: 170 calories, 9 gm fat, 4 gm sat fat, 170 mg. cholesterol, 450 mg. sodium, 6 gm carbs, 1 gm fiber, and 16 gm protein. Recipe from Better Homes and Gardens.

## Joe Di Biase's Lemon Garlic Tilapia

Tilapia is a mild-flavored fresh-water fish, which is usually farm-raised as are other fish such as salmon, trout, and catfish. Since it grows fast and eats a vegetarian diet, mercury contamination is not a concern. Tilapia is very easy to prepare. It does not have the desirable amount of omega 3 fatty acids that salmon and tuna do, however. Joe recommends this dish as a nice, high protein, low-fat item for the evening meal before a race.

4 tilapia fillets, about 1 pound  
3 tablespoons fresh lemon juice, about 1 lemon  
1 tablespoon extra virgin olive oil  
1 garlic clove, finely minced  
1 teaspoon dried pepper flakes  
Pepper to taste

**METHOD:** Preheat oven to 375 degrees F. Spray a baking dish with non-stick coating. Pat fillets dry with a paper towel and place in baking dish. Pour lemon juice over fillets, then drizzle with olive oil. Sprinkle with garlic, parsley and pepper. Bake in preheated oven until fish turns white and flakes easily when pulled apart with a fork. Check after 15 minutes.

Nutrition Information per serving: 150 calories, 6 gm total fat, 1.5 gm sat fat, 75 mg. cholesterol, 30 mg. sodium, 1 gm carbs, and 22 gm protein. Recipe adapted from [allrecipes.com](http://allrecipes.com)

## Honey Roasted Red Potatoes

These slightly sweet potatoes are a good accompaniment for almost anything!

1 pound small red potatoes, quartered, about 6 potatoes  
2 tablespoons chopped onion  
2 tablespoons olive oil  
1 tablespoon honey  
1 teaspoon dry mustard  
1/8 teaspoon salt  
1/8 teaspoon ground black pepper

Method: Preheat oven to 375 degrees F. Spray a baking pan with nonstick cooking spray. Scrub and cut potatoes into quarters. Place in a single layer in prepared dish, top with chopped onion. In a small bowl, combine remaining ingredients and drizzle over potatoes and onion. Bake for about 35 minutes, or until potatoes are browned and tender, stirring halfway through the cooking time.

Nutrition information per serving (1/4 of recipe): 160 calories, 7 gm fat, 1 gm sat. fat, 0 mg. cholesterol, 95 mg sodium, 23 gm carbs, 2 gm fiber, and 2 gm protein. Recipe adapted from [allrecipes.com](http://allrecipes.com)