

# BREAKFAST DELIGHTS



## BREAKFAST BURRITOS

1 lb. sausage  
1 red pepper  
1/2 vidalia onion  
Eggs  
Large flour tortilla shells  
Shredded Colby/Jack cheese

The night before, brown the sausage until almost done and then add in the chopped peppers and onion and saute until tender. Drain off grease.

In the morning I beat one egg per burrito I plan to fix.  
\*Add a small amount of milk to egg mixture.

In a small skillet, add a little butter or spray with non-stick spray. Add a couple of spoonfuls of meat mixture and pour enough egg in to cover the bottom of the skillet. Scramble mixture together.

Pour mixture onto a warm tortilla, add a little cheese and roll into a burrito.

Keep cooking and making until you have the amount needed. These are good with a little sour cream or salsa.

## SAUSAGE BISCUITS

1 roll hot sausage  
1 bag shredded sharp cheddar cheese  
2 packs dry biscuit mix (prepare as directed)

Brown sausage and let cool.

Mix dough, sausage and cheese together. Roll out around 1/4" and cut biscuits out. Brush biscuit tops with butter. Bake at 350 degrees until lightly browned.

## TOMATO GRITS CASSEROLE

2 cups water  
1-1/4 cups milk  
1 teaspoon salt  
1 cup quick cooking grits (not instant)  
1 stick butter  
1 bunch green onions, diced  
4 oz. processed cheddar cheese, cubed (or Velveeta)  
2-1/2 cups shredded cheddar cheese  
1/4 teaspoon garlic powder  
1 (10 oz.) can Rotel

1. Preheat oven to 350 degrees.
2. In a saucepan, bring water and milk to boil.
3. Add salt and slowly add grits, and return to a boil, stirring constantly for 1 minute.
4. Reduce heat and add 1 stick of butter.
5. Cook for 3-4 minutes, while stirring, until grits are thick and creamy.
6. Remove from heat and set aside.
7. Add onions, processed cheese and 1-1/2 cups cheddar cheese to grits.
8. Stir until cheese is melted.
9. Add Rotel and mix well.
10. Pour grits into a greased 8" x 11" x 2" casserole and bake for 40 minutes.
11. Sprinkle remaining 1 cup cheese over casserole for the last 5 minutes of cooking time.

## TRACY'S "SECRET RECIPE" CHOCOLATE GRAVY

(Tracy doesn't have a recipe, so results are NOT guaranteed)

1/4 cup self rising flour  
1/2 cup cocoa powder  
1 cup sugar

Blend dry ingredients in a heavy pot, add some whole milk — 1/2 cup (\*more or less) blend with a wooden spoon to make a thin, sticky paste. This moistens and helps dissolve all the dry ingredients to prevent clumps. Slowly add more whole milk while stirring — 2 cups (\*more or less) cook on low/medium heat, stirring constantly cooking time does vary (5-15 minutes) gravy will thicken suddenly, so NEVER stop stirring.

\*If gravy seems too thin, continue cooking to reduce  
\*If too thick, add milk

## HASHBROWN CASSEROLE

2 lbs. frozen shredded hash browns with peppers and onions  
1/2 cup melted butter  
1/2 tsp. pepper  
1 tsp. salt  
1/2 cup onions, chopped  
1 pint sour cream  
1 can cream of chicken soup  
2 cups grated cheddar cheese

Mix all ingredients together; pour into casserole dish. Bake at 350 degrees for 45 minutes.

## SWEET POTATO PANCAKES

3/4 cup multi-grain pancake mix, add water only  
1/2 large cooked sweet potato, or 1 small, peeled and pureed (1/2 cup)  
3/4 cup apple juice  
1 tsp. pumpkin pie spice  
4 oz. Colombo Low Fat Vanilla Yogurt, (or other brand)  
2 tbsp. reduced-calorie pancake syrup  
1/4 cup blueberries  
1/3 cup pumpkin butter

Stir together pancake mix, sweet potato, juice and spice. In a separate bowl stir together pumpkin butter, yogurt and syrup. Warm a large, nonstick skillet coated with cooking spray over medium-low heat. Ladle out batter in small batches (about 2 tablespoons). Cook pancakes until nicely browned on both sides. Repeat with remaining batter.

\*Substitute canned pumpkin for the sweet potato if you're short on time.

