

CHEF MARIE'S PERSONAL RECIPES

BREAKFAST

(Pastries, Cereals, Eggs, Smoothies, Pancakes, Crepes, Jams, etc...)



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BREAKFAST

Almond Butter and Apricot Sandwich



*2 slices whole wheat bread
1 Tbsp. almond butter
2 tsp. apricot preserves
2 tsp. sliced almonds*

To your preference, toast the slices of bread or not. Spread over one slice of bread the almond butter and apricot preserve. Top with the sliced almonds and the other slice of bread. Serve immediately.

Options: You may change the preserves with berries or your favorite. You may spread melted chocolate on one slice and almond butter on the other too. Watch out for the calories though, so don't make it a regular habit!

You can also substitute the preserves with slices of fruits. Creativity is key to boredom...

Makes 1 serving.

Apple and Barley Porridge



*4 to 6 tablespoons pearl barley
3 cups water
1 ½ lbs. apples
2 Tbsp. honey or maple syrup
1 Tbsp. lemon juice
Cinnamon to taste (option)
Berries, dried cranberries and pepitas to décor*

Peel, core, and dice small the apple. Bring the water to boil in a pan. Add the barley, apples, some cinnamon, honey, lemon juice and cook until soft over low heat.

Remove from heat and transfer to serving bowls. Top with the berries, cranberries, pepitas and serve immediately.

Option: You may also serve it cold.

Makes 4 servings.

Apple and Walnut Omelet



*1 tsp. grape seed oil
2 organic extra-large eggs
1 small golden delicious; peeled, cored and thinly sliced
1 tsp. brown sugar
1/2 tsp. vanilla extract
1/2 tsp. ground cinnamon
1 tsp. ground golden flaxseeds
1 tbsp. chopped walnuts
Pinch salt*

In a bowl, place both eggs and add a dash of water. Beat with a fork for 2 minutes, lifting to bring air into it. Add a pinch of salt, mix and set aside for later use.

Heat the oil in a small skillet over medium high heat. Add the apple slices and quickly saute. Add the brown sugar, vanilla, flax seeds, cinnamon and walnuts. Saute until slightly golden brown. Transfer to a bowl and set aside.

Mix the eggs mixture and add to the warm skillet. Let the omelet slightly set. Evenly spread the apple mixture. Continue to cook until almost set. Carefully fold over and serve immediately.

Makes 1 serving.

Bagel and Smoked Salmon



*1 regular, whole wheat or rye bagel
1 Tbsp. low-fat cream cheese
A bunch of your favorite greens
2 slices smoked salmon
A couple of red onion slices
Chives
Capers*

Cut bagel in half. Spread cream cheese on the bottom half. Top with greens, salmon slices, red onion slices and chives. Add bagel top half and serve immediately with capers.

Options: You may also substitute cream cheese with hard-boiled mashed egg mixed with a touch of canola mayonnaise. You may also omit that and cream cheese for lesser fat.

Makes 1 serving.

Blueberries and Cottage Cheese Smoothie

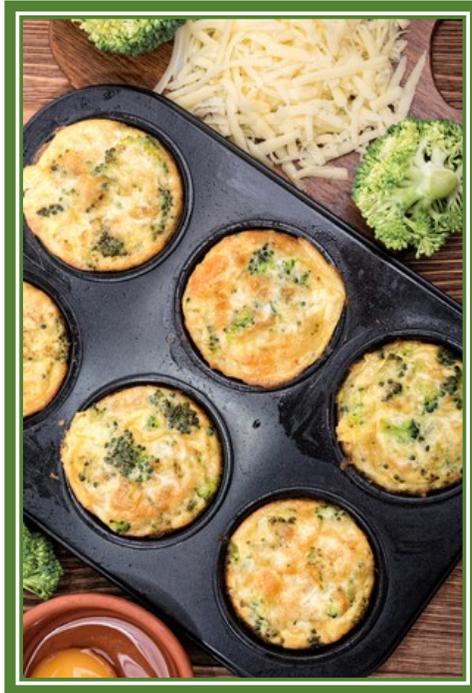


*2 cups blueberries
1/4 cup pitted cherries
2 mangoes
1/2 cup pomegranate juice
8 oz. low-fat cottage cheese
1 Tbsp. maple syrup or honey (optional)
2 Tbsp. golden flaxseeds
1/2 cup ice cubes*

In a blender, mix the blueberries, pomegranate juice, mango, cottage cheese, maple syrup, flaxseeds and ice. Serve immediately.

Makes 4 servings.

Broccoli Cheddar Egg Muffins



*8 eggs
1 ½ cup cooked broccoli florets, chopped small
1 cup diced tomatoes
½ cup chopped onions
¼ cup milk
¾ cup shredded cheddar
½ tsp. salt
¼ tsp. cayenne or black pepper
Oil for muffin pan or silicone cups*

Preheat the oven to 350°F.

Grease the muffin pan or place the silicone cups in the holes. Equally divide the broccoli florets, tomatoes, onions and cheddar in the cups.

Place the eggs, milk, salt and pepper in a large bowl. Mix and then pour over the cups, until you fill to ¾ height. You must leave space to allow rise and avoid overflowing. Bake for 30 to 40 minutes or until completely set.

Option: You can substitute the broccoli with other greens or vegetables. You can also do half vegetables and add pieces of cooked meat (ham, chicken or turkey). You can store in the refrigerator up to 5 days or frozen up to a month.

Makes 6 servings.

Buckwheat Crêpes



*1/2 cup all-purpose flour
1/2 cup buckwheat flour
2 extra-large eggs
1 Tbsp. maple syrup
2 Tbsp. grape seed oil
1 tsp. vanilla extract
1 cup low-fat milk*

Place the flour in a large bowl. Blend in the eggs, the maple syrup, oil, vanilla and salt. Slowly, whisk in the milk. Pass through a sieve, if too much lumps. Make sure you mash the flour with liquid, so you don't discard any of it. Let the batter rest for 30 minutes.

Before using, add a little water to thin out as needed. Heat a crepe pan over medium high heat. Add enough batter and swirl to cover the entire bottom of the pan. Cook until golden brown and turn over. Continue to cook until golden brown. If using filing, place it immediately after you turned the crepe. Fold and serve immediately.

Comments: Fill with your favorite ingredients.

My favorites:

cottage cheese and berries

crème fraiche/sour cream and smoked salmon

egg and cheese

ham and cheese.

Makes 10 large buckwheat crêpes.

Crêpes



*1 cup flour
2 extra-large eggs
1 Tbsp. sugar plus pinch of salt
2 Tbsp. unsalted butter, melted
2 Tbsp. vanilla extract
1 cup regular milk
Grapeseed oil*

Place the flour in a bowl. Blend in the eggs, sugar, salt, butter, vanilla and salt. Slowly, whisk in the milk. Let the batter rest for 30 minutes. Before use, add a little water to thin out the batter.

Heat a crepe pan over medium heat. Soak a small piece of paper towel with 1 tsp. grape seed oil and rub quickly over the bottom of the pan. Add enough batter and swirl to cover the entire bottom. Cook until golden brown and turn over. Cook until slightly golden brown. Remove from pan and set aside for later use. Repeat until all the batter is used.

Makes 10 medium crepes.

Cottage Cheese and Berries Crêpes



1 crepe
2 Tbsp. low-fat cottage cheese
1 Tbsp. maple syrup
3 Tbsp. fresh mixed berries
1 tsp. chopped walnuts

Spread the cottage cheese over the crepe.

Drizzle 1 teaspoon of maple syrup and top with some berries. Roll the crepe, drizzle the remaining maple syrup and sprinkle the walnuts. Serve immediately with the remaining berries.

Makes 1 serving.

Chef Marie's Smoked Salmon Crêpes



*1 crepe
2 Tbsp. soft low-fat cream cheese
4 zucchini sticks
2 large slices smoked salmon
1/4 lemon
1 tsp. minced chives
Salt and pepper to taste*

Carefully spread the soft low-fat cream cheese over the crepe. Add the zucchini sticks, one slice of smoked salmon, sprinkle lemon juice, chives and season to taste.

Roll the crepe and cut in half. Cut in half the remaining smoked salmon slice and roll each of them. Decor each half crepe with salmon.

Makes 1 serving.

Chef Marie's Granola



*1/4 cup warm raw honey
1/4 cup vegetable oil
2 tsp. pumpkin pie spices
1.5 tsp. vanilla or almond extract
4 cups old fashioned oats, uncooked
1/4 cup sliced almonds
1/4 cup chopped walnuts
1/4 cup dried berries*

Preheat the oven to 350°F. In a bowl, mix the honey, spices, oil, and extracts. Stir in the oats and nuts. Mix well and spread over a greased cookie sheet. Bake for 10 minutes. Stir and continue to bake for another 5 to 7 minutes or until golden brown. Cool completely in pan and break apart. Add the dried berries. Store in a container and seal.

Some serving ideas: Serve with fresh fruits, low-fat plain yogurt or milk.

Per serving, you can add 1/2 cup of low fat yogurt mixed with 1 tablespoon organic canned pumpkin puree or your favorite marmalade/fruit puree, raw honey, maple syrup or just as is.

This recipe can easily be doubled!

Makes 10 servings.

Comments: This is a good basic recipe which you can manipulate in different ways. You can substitute different spices and nuts. I personally enjoy some combinations such dried oranges and chocolate chips - shredded carrots, walnuts and ginger - dried pineapple, cashews, and shredded coconut - dried apricots and pistachios.

Cream of Millet



*1 cup low-fat soy milk
Pinch of salt
1 tsp. pumpkin pie spices
1/4 cup pearl millet
2 tsp. slivered almonds
2 tsp. maple syrup
1/2 peach; peeled, seeded, and diced
1 tsp. flaxseed oil
Cranberries and greens to decor*

Warm the milk, salt, and pumpkin pie spices over medium heat in a small saucepan.

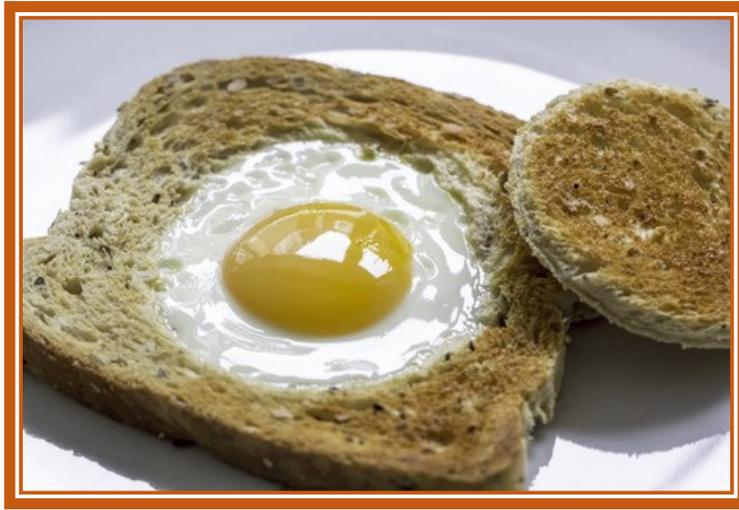
Wash the millet a couple of times and drain well. Place the millet in another pan. Add the almonds, the warm flavored soy milk, and bring to a simmer over medium heat. Reduce heat and simmer for 20 minutes or until all the liquid is absorbed.

Transfer to a serving bowl and mix in the maple syrup. Top with the fruits, greens, drizzle flaxseed oil, and serve immediately.

Makes 1 serving.

Egg in Toast

(A fun healthy recipe to do with kids.)



1 ½ tsp. grape seed oil
1 slice whole wheat bread
1 egg
Salt and pepper to taste

Using a cookie cutter (any fun medium form will do), make a hole in the center of the bread.

Heat 1 tsp. oil in a nonstick pan. Add the bread slice and cook until slightly golden brown. Turn bread slice over and add a little more oil in the hole. Add the egg in the hole and season it to taste. Meanwhile toast the part of bread leftover. When the egg white is coagulated and appear cooked, serve immediately.

Comments: Serve with some greens and a small fruit salad for a complete breakfast.

Makes 1 serving.

Egg and Avocado Toast



*1/2 avocado
4 tomato slices
1 slice of your favorite white cheese
1/2 lemon
1 seeded-grain bread slice
1 egg
Alfalfa or your favorite greens
Salt and cayenne pepper to taste*

Bring a small pan 3/4 filled with water and a dash of vinegar to a gentle simmer.

Meanwhile, slice the avocado and spread over a little bit of lemon juice to avoid browning. Toast the bread slice. Top with the avocado slices, tomato slices, cheese and alfalfa or greens.

Carefully crack the egg shell and pour the egg into a ramekin. When the water is simmering, gently slide the egg into the water. Cook until the white is set, about a couple minutes. Gently, scoop out the cooked egg and top the prepared toast with it. Sprinkle salt and cayenne pepper. Serve immediately.

Makes 1 serving.

Frittata with Mushrooms



*8 eggs
2 Tbsp. low-fat milk
2 tsp. grape seed oil
1 large onion, sliced
1 large garlic clove, minced
8 oz. mushrooms, sliced
1/4 cup shredded Swiss cheese
A bunch of shredded basil leaves
Salt and pepper to taste*

Preheat the oven to 350°F.

In a mixing bowl; whisk eggs, low-fat milk, cheese and shredded basil leaves. Season with salt and pepper.

In a deep non-stick skillet, heat up the oil over medium heat. Add the onion, garlic and sauté until translucent. Add the mushrooms and sauté for another 3 minutes. Stir in the egg mixture and transfer to the oven. Bake until the eggs are almost set in the center, about 12 to 15 minutes.

Remove from the oven and loosen around the edges with a rubber spatula. Transfer to a serving platter. Slice into 4 wedges and serve immediately.

Option: You can add 6 ounces of baby spinach. Cook them separately and remove excess water by pressing the wilted cooked spinach with your cleaned hand. The least water in them the better chances the frittata won't be affected by too much moisture.

Makes 4 to 6 servings.

Frittata with Vegetables



*8 eggs
2 Tbsp. low-fat milk
1/4 cup grated Parmigiano-Reggiano
2 tsp. grape seed oil
1 onion, sliced
1 large garlic clove, minced
4 mushrooms, sliced
2 small bell peppers, sliced
2 tomatoes, sliced
A bunch of shredded basil leaves
Salt and pepper to taste*

Preheat the oven to 350°F.

In a mixing bowl; whisk eggs, low-fat milk, cheese and shredded basil leaves. Season with salt and pepper.

In a deep non-stick skillet, heat up the oil over medium heat. Add the onion and sauté until translucent. Add the garlic, bell peppers and continue to sauté for 2 minutes. Add the mushrooms and sauté for another 2 minutes. Stir in the egg mixture and the tomatoes. Transfer to the oven and cook until the eggs are almost set in the center, about 12 to 15 minutes.

Remove from the oven and loosen around the edges with a rubber spatula. Transfer to a serving platter. Slice into 4 wedges and serve immediately.

Makes 4 servings.

Ginger, Lemon and Thyme Gluten-Free Muffin



*1 package Premium Gold Muffin Mix
2 large eggs
1/3 cup grape seed oil
1 ½ cup milk
1 Tbsp. lemon extract
Zest of 1 lemon
1 large lemon thyme branch
Ginger preserves*

Heat the milk until warm in the microwave, about a minute and half. Remove from microwave, add grated ginger, thyme branch and let cool while infusing for 20 minutes. Disregard thyme branch and make sure the milk is cool to touch, before using next.

Preheat oven to 400°F. Shake bag ingredients, before opening. In a large bowl, beat eggs slightly with electric mixer. Add the oil, flavored milk, lemon extract and lemon zest. Slightly mix and stir in dry ingredients. Do not over mix. Fill 24 medium sized cupcake liners to $\frac{3}{4}$ full. Bake for 15 to 20 minutes or until golden brown. Remove from the oven and let cool. Top each muffin with 1 tablespoon ginger preserves, before serving.

Comments: You can wrap each muffin (without ginger preserves) in plastic wrap and then transfer all to freezer bag. Seal and freeze up to 3 months. Defrost all over the counter or one muffin in microwave for 15 second, add the preserves and enjoy immediately!
Makes 24 servings.

Lean Protein Sausage Patties



1 cup lentils
1 cup sweet potatoes, cut into small cubes
1/2 cup Quinoa
1 medium onion, chopped small
1 medium carrot, shredded
4 garlic cloves, minced
1 tsp. dry Italian or Indian herbs
1 Tbsp. freshly chopped parsley
1 Tbsp. freshly chopped basil
1 cup Panko breadcrumbs
4 eggs
4 Tbsp. honey mustard
Salt and pepper to taste

In a pan, place the lentil and cover with water. Bring to boil over high heat. Reduce heat, cover, and simmer until tender; about 30 - 35 minutes.

Meanwhile cook the Quinoa according to package directions. Steam the sweet potatoes until tender, about 5 minutes. Place the warm cooked lentils and sweet potatoes in a bowl. Add the garlic, dry herbs, a large pinch of salt, a large pinch of pepper, and mash with a fork until you get a coarse mixture. Mix in the quinoa, onion, carrot, Panko breadcrumbs, eggs and mustard. Form 12 sausage patties and transfer to a covered parchment paper cookie sheet. Cover with plastic wrap and refrigerate until use. Heat a skillet with a little grapeseed oil over medium heat. Add the patties and brown on both sides.

Option: Once cooked, serve with a salad or with your favorite tomato sauce.

Makes approximately 12 patties.

Low Sugar Muesli



*1/2 cup rolled oats
2 tsp. wheat germ
2 tsp. ground flaxseeds
1 tsp. chopped hazelnuts
1 tsp. chopped almonds
1 tsp. sunflower seeds
1/2 cup low-fat plain yogurt
Milk or substitute
1/2 apple, grated*

In a bowl; mix the cereal, wheat germ, flax seeds and yogurt. If too thick to your taste, add a little milk or substitute to thin out. Top with the hazelnuts, almonds, sunflower seeds, grated apple and serve immediately.

Make 1 serving.

Granola with Banana, Apple and Walnut



*1/2 cup granola
1/2 cup low-fat milk or substitute
1/4 small banana; peeled and diced
1/4 medium apple; peeled, cored and diced
1 tsp. chopped walnuts
1 tsp. raisins*

Mix the granola with the milk. Add the banana, apples, walnuts, raisins and serve immediately.

Makes 1 serving.

Mexico Smoothie



*1/2 small Mexican papaya; peeled, seeded and chopped
1 banana, peeled and chopped
1 apple; peeled, cored and chopped
1 orange, juiced
1/3 cup strawberries
1/2 cup low-fat yogurt
2 Tbsp. ground flaxseeds
6 ice cubes*

Place all ingredients in a blender. Mix until smooth.

Makes 3 to 4 servings.

Muesli with Dried Fruits



*1/2 cup rolled oats
2 tsp. wheat germ
2 tsp. ground flaxseeds
1 tsp. chopped hazelnuts
1 tsp. chopped almonds
1 tsp. sunflower seeds
1/2 cup low-fat milk
1 tsp. dried apricot pieces
1 tsp. dried cranberries
1 tsp. raisins
1 tsp. shaved coconut*

In a bowl, mix the oats, wheat germs, flaxseed and milk. Top with hazelnuts, almonds, sunflower seeds, dried apricot, dried cranberries, raisins and shaved coconut. Serve immediately.

Comments: For lower sugar, substitute the dried apricot pieces, dried cranberries and raisins with half a grated apple.

Makes 1 serving.

Oat Bran-Flax Spiced Muffin



1 cup unbleached all-purpose flour
1/2 cup oat bran flour
1/2 cup flaxseed meal
1/2 cup brown sugar
1-1/2 teaspoon baking soda
1 teaspoon baking powder
1/4 teaspoon salt
1-1/2 tablespoons ground cinnamon
1 teaspoon ground ginger
1-1/4 shredded peeled carrots
2 medium apples, peeled, cored and finely diced
3/4 cup walnuts, chopped
3/4 cup dried berries and raisins blend (about equal amount of each)
1/4 cup canola oil
1 teaspoon vanilla extract
2 eggs, mixed
1/2 cup low-fat milk

Preheat the oven to 350°F.

In a bowl, blend the flours, flaxseed meal, brown sugar, baking soda, baking powder, salt, cinnamon and ginger. Mix in the carrots, apples, walnuts and berry-raisin blend. Add the oil, vanilla, eggs, milk and then mix until incorporated.

Grease the muffin tin with canola oil. Divide mix among the 12 cups of a muffin tin and bake for 20 to 25 minutes.

Makes 12 muffins.

Oatmeal Fruit Bowl



1/2 cup Old Fashioned Oats
1/2 cup almond milk
1 teaspoon sunflower seeds
1 teaspoon hazelnut
1/4 cup raspberries
1/4 cup blueberries
Drizzle honey (optional)
Cinnamon (optional)

Place the oats in a pan, add the milk and bring to a boil over medium heat. Reduce heat, mix and continue to simmer for a couple of minutes. Transfer to a serving bowl. Mix in the sunflower seeds, hazelnuts and cinnamon (optional). Top with the raspberries, blueberries, drizzle honey (optional) and serve immediately.

Comments: Feel free to substitute milk, nuts and fruits to your likes.

Makes 1 serving.

Oeufs A La Coque



*4 room temperature extra-large eggs
2 to 4 thick slices of your favorite bread
1 tsp. vinegar*

When I was a kid, my mom used to give us "oeufs à la Coque" for a quick easy dinner for her to prepare. Vegetables, salad and a yogurt for dessert often accompanied our meal. I, later on in my life, decided they were a great breakfast treat as well. Give it a try, you will be surprised how easy this is and how much kids love preparing their own little eggs...

Fill a pan with water, add the vinegar and bring to a boil. Using a spoon, gently slide the eggs into the boiling water. Cook the eggs for 3 minutes.

Meanwhile toast the bread until golden brown. Slice bread into long bread finger pieces and divide among two serving plates already each set up with two egg holding cups.

Carefully remove the eggs from the water and transfer them to the prepared egg holding cups. With a knife, chop off "le chapeau" or top of each egg to create a small opening in which a bread finger piece can easily fit in.

Enjoy your egg yolks with the bread pieces and, when all liquid is extracted, spoon out the egg white along the shelves to eat it.

Option: Spread butter over the toast before slicing. Season the cooked egg with salt and pepper.

Serve with a fruit cup on the side, a plain yogurt and your favorite drink for a complete breakfast meal.

Makes 2 servings.

Peanut Butter and Apple Smoothie



*2 apples; peeled, cored and chopped
1/2 cup unsweetened apple cider or unfiltered apple juice
1/2 cup low-fat milk (rice, soy or almond)
1 frozen banana
2 Tbsp. peanut butter
2 Tbsp. flaxseeds or flax oil
1/4 tsp. cinnamon
1/8 tsp. cardamom
4 to 6 ice cubes*

Place all the ingredients in a blender and blend until smooth. Serve immediately.

Makes 2 servings.

* You may substitute the peanut butter with your favorite nut butter. You may also use peanut butter powder for extra protein.

Pear and Walnut Cup



*1 cup mixed greens
1 medium pear, cored and chopped
2 Tbsp. chopped blue cheese
4 tsp. chopped walnuts
Honey*

Place mixed greens into a cup. Top with pear, blue cheese, walnuts and drizzle with honey. Serve immediately with a slice of whole wheat bread, if desired.

Comments: This can be also a great snack. You can increase the salad ingredient for a lunch sized meal.

Makes 2 servings.

Poached Egg and Spinach Toast



*1 slice your favorite bread
1 tsp. grapeseed oil
2 cups spinach
1 garlic clove, sliced
2 extra-large eggs
1 tsp. white vinegar
1 Tbsp. tapenade
1 large tomato slice
Pinch salt and pepper*

Heat enough water, the vinegar, to poach the eggs over medium heat. Crack each egg into a ramekin, making sure you do not break the yolk. When a few bubbles appear, slide each egg into the water, making sure they do not touch each other. Continue to simmer until set, with slight bubbles, about 3 minutes.

Meanwhile, prepare the toast: Heat the oil in small pan over medium heat. Add the garlic and sauté briefly. Add the spinach and sauté until cooked through, about two minutes. Season with salt and pepper. Meanwhile toast the slice of bread.

To assemble: Top the slice of bread with the spinach, tomato, poached eggs, tapenade, and serve immediately.

Makes 1 serving.

Provençal Omelet



*8 eggs
1 Tbsp. low-fat milk
2 tsp. olive oil
1/2 small onion, diced
1 large tomato, diced
3 garlic cloves, minced
1 medium bell peppers; ribs removed, seeded, and diced
2/3 cup cooked spinach, chopped
2 Tbsp. freshly chopped chives
Salt and pepper to taste*

Make a small X incision at the top and bottom of the tomato. Blanch the tomato for 20 seconds. Place in ice-cold water to stop the cooking process. Peel, seed, and dice the tomato.

Heat the oil in a nonstick pan over medium heat. Add the onion and sauté until translucent. Add the garlic, bell pepper, and cook for 3 minutes. Add the diced tomato and sauté briefly. Add the spinach and cook until wilted. Spread the vegetables evenly over the bottom of the pan and season to taste.

In a bowl, beat the eggs and milk, then lightly season with salt and pepper. Add the egg mixture to the vegetables and let the eggs set over low-heat, about 2 to 3 minutes. You may cover and continue to cook for another minute or so, for completely cooked through omelet. Top with chives and serve immediately.

Makes 3 to 4 servings.

Quick Sunny Side Up Eggs



*2 eggs
1 tsp. canola oil
6 thin tomatoes slices
A couple of lettuce leaves
1 slice of Mestemacher High Fiber Bread, Pumpernickel or Rye bread
Chives
Salt and pepper to taste*

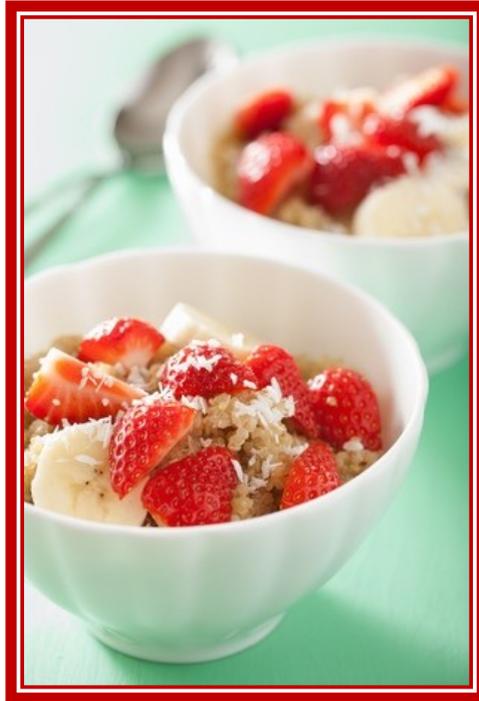
Heat the canola oil in a nonstick pan over medium heat. Add the two eggs and cook until almost set. Season with salt and pepper to taste and let the eggs set.

Top the bread with lettuce leaves and tomato slices. Add the cooked eggs, sprinkle chives and serve immediately.

Option: Serve on a bed of spinach or your favorite greens instead of lettuce leaves. You can add avocado slices too. You can also prepare the eggs with some vegetables such as mushrooms and bell pepper slices.

Makes 1 serving.

Quinoa with Strawberries



*1/4 cup goat milk
14 oz. vanilla goat yogurt
2 cups cooled cooked quinoa
8 oz. strawberries
1 banana, sliced
4 Tbsp. chopped almonds
4 Tbsp. shredded coconut*

Thin out the yogurt with the milk in a bowl. Divide the yogurt mixture equally among four breakfast serving bowls. Top each bowl with 1/2 cup of quinoa, 2 oz. strawberries, slices of banana, 1 Tbsp. almonds, and 1 Tbsp. shredded coconut. Serve immediately.

Makes 4 servings.

Salmon and Asparagus Omelet



*2 tsp. canola oil
1/2 small onion, diced
1 garlic clove, minced
8 asparagus spears, cooked
1 tsp. lemon juice
8 eggs
1 Tbsp. low-fat milk
1 tsp. minced fresh chives
1 tsp. minced fresh dill
2 Tbsp. smoked salmon, cut into strips (about 4 ounces)
Salt and pepper to taste*

Heat the oil in a nonstick pan over medium heat. Add the onion and sauté until translucent. Add the garlic, asparagus and lemon juice, and sauté for 2 minutes. Spread the vegetables evenly on the bottom of the pan.

In a bowl, beat the eggs, milk, herbs, and season with salt and pepper. Add the egg mixture to the vegetables in the pan and let the eggs set, about 1-1/2 minutes. Add the smoked salmon, reduce heat, and continue to cook for 2 to 3 minutes. Fold the omelet over in half, cook for another minute and serve immediately.

Makes 3 to 4 servings.

Scrambled Eggs



*1 tsp. grape seed or canola oil
2 to 3 eggs
Salt and pepper to taste
Chives to décor*

Place the eggs in a bowl. Season to taste and quickly mix.

Heat the oil in a sauté pan over medium high heat. Pour in the egg mixture. As the eggs start to barely set, start breaking them into pieces with a fork. If using a nonstick pan, use a wooden spoon. Once the eggs are completely scrambled and cooked through, transfer to a serving platter, décor with chives, and serve immediately.

Option: Serve with a small salad or vegetables and wheat bread on the side for a complete healthy meal.

Makes 1 serving.

Strawberry and Green Smoothie



*2 cups strawberries
1 bunch fresh baby spinach
1 bunch fresh baby kale
1 Tbsp. flaxseeds
1 Tbsp. chia seeds
1/2 lemon or lime, juiced
Ice cubes*

Place all the food ingredients in a blender. Fill to top with ice. Puree on high speed until smooth. Divide between two tall glasses or small bottles and serve immediately with a straw.

Makes 2 servings.

Sweet Potato and Buckwheat Pancakes



8 oz. sweet potatoes (about 2 medium sweet potatoes)
3/4 cup buckwheat flour
1 egg or 2 egg whites
1 Tbsp. ground flaxseeds
1/4 cup water
1/2 tsp. cinnamon
1/4 tsp. salt
About 1 1/4 cup low-fat milk (cow's, rice, soy, or nut)
3 tsp. canola oil
3 Tbsp. maple syrup
2 Tbsp. walnuts

Cook the sweet potatoes in boiling water for 20 to 30 minutes, or until a knife can easily pierce through the potatoes.

In a large bowl, mix the flour, egg, water, cinnamon, salt, and 1/4 cup of the milk. Continue to add the milk until you have a smooth batter. Mash the sweet potatoes and mix into the batter.

Heat 1 teaspoon of canola oil in a large nonstick pan over medium heat. Using a ladle, pour enough batter into the pan to form 3 pancakes. Let the batter set and brown. Turn over with a spatula and cook until slightly browned. Repeat twice with the remaining batter. Serve immediately with maple syrup and walnuts.

Makes approximately 8 to 10 pancakes.

Tofu Scramble



*8 oz. firm tofu, crumbled
1 garlic clove, minced
4 oz. tomato, diced
A handful of your favorite greens
1 Tbsp. freshly minced salad herbs
2 tsp. canola oil
Salt and pepper to taste*

Heat the oil in a wok or sauté pan over medium heat. Add the tofu, garlic, tomato and sauté quickly. Top with greens, herbs and sauté till wilted. Season to taste and serve immediately.

Option: Add some mock bacon and/or nuts such as peanut or cashew.

Makes 2 servings.

Wheat Bran Flakes with Fruits



*1 cup wheat bran flakes
1/2 cup low-fat organic milk or substitute
1/4 cup berries
1 Tbsp. raisins
1 tsp. ground flaxseeds*

Place the wheat bran flakes in a bowl. Add the milk. Top with the berries, raisins and ground flaxseeds. Serve immediately.

Makes 1 serving.