

# Start The Day With A Healthy Breakfast

Family Features

You've probably heard the saying, "breakfast is the most important meal of the day." Or perhaps you've said it yourself. The reality is - while a lot of people say that eating breakfast is important, not very many are actually doing it.

In fact, 93 percent of Americans agree that breakfast is the most important meal of the day, but less than half (44 percent) are eating it every day, according to the 2009 International Food Information Council Foundation's Food & Health Survey.

If the morning rush in your house means grabbing a toaster pastry, a fast food meal, or - even worse - skipping breakfast, take heart. It's easier than you think to refuel the body, energize the mind and have some family time around the breakfast table. Here are a few tips to get your family back on track:

- **Make a Plan.** Get everyone involved in planning breakfasts for the week. The more they participate, the more likely they are to eat it. Keep the plan posted where everyone can see it.

- **Keep a breakfast-friendly kitchen.** Make sure you always have a ready supply of milk, yogurt, whole grain breads and cereals, fruits, and plenty of proteins such as eggs and sausage. Store them where everyone can find them easily in the morning.

- **Get prepped.** Set out dishes and non-perishables on the table the night before. Some heartier breakfasts, such as the Weekend Brunch Casserole, can be prepped the night before, then heated up in just 15 minutes in the morning.

To get more ideas for a better breakfast, visit [www.bobevans.com/recipes](http://www.bobevans.com/recipes).

## WEEKEND BRUNCH CASSE- ROLE

PREP TIME: 15 MINUTES  
COOK TIME: 15 MINUTES  
MAKES 8 SERVINGS

1 8-ounce can refrigerated crescent dinner rolls

1 pound Bob Evans Original Recipe Sausage Roll  
2 cups shredded mozzarella cheese  
4 eggs, beaten  
3/4 cup milk



1/4 teaspoon salt  
1/8 teaspoon black pepper

Preheat oven to 425°F. Crumble and cook sausage in medium skillet over medium heat until browned. Drain.

Line bottom of greased 13 x 9-inch baking dish with crescent roll dough, firmly pressing perforations to seal. Sprinkle with sausage and cheese. Combine remaining ingredients in medium bowl until blended; pour over sausage. Bake 15 minutes or until set. Let stand 5 minutes before cutting into squares; serve hot. Refrigerate leftovers.

## SAUSAGE CUPS

Sausage Cups are another hit with families on-the-go. This quick and simple recipe has the farm-fresh taste that has come to be expected from Bob Evans, and helps mom ensure that the family makes time during a busy

morning for a breakfast together.

PREP TIME: 20 MINUTES  
COOK TIME: 15 MINUTES  
MAKES 30 SERVINGS

1 pound Bob Evans Original Sausage Roll  
1 package won ton wrappers  
1 cup Monterey Jack cheese, shredded  
1 cup cheddar cheese, shredded  
1/2 cup ranch dressing

Preheat oven to 350° F. Crumble sausage into medium skillet. Cook over medium heat until lightly browned, stirring occasionally. Drain.

Spray mini muffin tins and insert won ton wrappers to form a small cup. Bake 5 minutes in preheated oven. Allow wrappers to cool. Mix sausage, cheeses and ranch dressing together. Fill won ton wrappers. Bake for 10 minutes until bubbly.

## MIX IT UP WITH JENNY

# A Mother's Day Sunrise Surprise

BY JENNY HARPER  
(Family Features)

Start Mother's Day off right with a beautiful breakfast in bed. A pretty tray set with some of the good dishes and real linens, a fresh flower, and some delicious food will put a smile on mom's face that will last all day.

Golden Sunrise French Toast is made extra special with evaporated milk and a splash of vanilla extract. Make sure you use firm bread so the toast doesn't end up soggy.

If she loves eggs, making Scrambled Eggs with a little evaporated milk gives them such a creamy texture that she'll want to eat them this way all the time. Add one tablespoon of evaporated milk for each egg used.

Pour her a Mock Mimosa by mixing sparkling lime juice or ginger ale to orange juice. Garnish with a fresh strawberry on the rim of the glass.

For more delicious ways to surprise mom on her special day, visit [www.TheCookingMilk.com](http://www.TheCookingMilk.com).



PHOTO COURTESY OF NESTLÉ

## GOLDEN SUNRISE FRENCH TOAST

PREP: 10 MINUTES | COOKING: 10 MINUTES | MAKES 4 TO 5 SERVINGS

2 large eggs  
1 can (12 fluid ounces) Nestlé Carnation Evaporated Lowfat 2% Milk  
2 teaspoons vanilla extract  
2 tablespoons granulated sugar  
1 tablespoon plus 1 1/2 teaspoons all-purpose flour  
1/4 teaspoon salt  
8 to 10 slices (3/4-inch-thick) firm, day-old French bread  
Unsalted butter  
Maple syrup  
Fresh seasonal berries or sliced fruit

HEAT large skillet over medium heat for 3 to 4 minutes. BEAT eggs in shallow pan or large pie plate; whisk in evaporated milk and vanilla extract. Whisk in sugar, flour and salt. Add several slices of bread; soak without over saturating.

SWIRL 1 tablespoon butter in hot skillet. Remove bread from batter, allowing excess batter to drip off; transfer prepared bread to skillet in single layer. Cook for 2 minutes or until golden brown. Turn over; cook for an additional 2 minutes or until golden. Serve immediately with syrup and berries. Continue with remaining bread slices, adding 1 tablespoon butter to skillet for each new batch.

Jenny Harper is Consumer Test Kitchen Project Manager for the Nestlé Test Kitchens and VeryBestBaking.com.

# Get Out Of Morning Rut With Hearty, Hassle-Free Breakfasts

Family Features

Get out of your morning rut and put some spring in your step by livening up your breakfast. A warm, hearty breakfast can give you a satisfying start to the day and it doesn't have to be hard to make.

Even on hectic mornings, families can enjoy a delicious, home-cooked meal without the mess and hassle by using Fully Cooked Hearty Sausage Crumbles from Jimmy Dean. Packaged in a re-sealable zipper pouch and kept in the fridge, this convenient pantry essential is ready in minutes and helps you put together a delicious and satisfying breakfast that's packed with protein for yourself or the whole family in no time.

These breakfast ideas are delicious options for the entire family:

- **Sausage and Egg Omelet:** Cook eggs with Monterey jack cheese, Hearty Original Sausage Crumbles and salsa. Serve with fresh melon slices and low fat milk.
- **Breakfast Pizza:** Top a whole-wheat English muffin with Hearty Turkey Sausage Crumbles, scrambled eggs, desired vegetables and



low fat mozzarella cheese. Bake at 425°F until cheese is melted. Make it a complete breakfast by adding a glass of your favorite fruit juice.

- **Breakfast Bruschetta:** For a savory breakfast, top toasted Italian bread slices with tomato slices and Hearty Original Sausage Crumbles. Sprinkle with dried basil and shredded Parmesan cheese. Bake until cheese is melted. Enjoy alongside a mixed fruit salad.
- **Sausage and Egg Breakfast Burritos:** Wrap eggs, peppers and Hearty Original Sausage Crumbles

in a flour tortilla for a delicious breakfast you can enjoy at home or on the go.

Visit [www.JimmyDean.com](http://www.JimmyDean.com) for more information, recipes, coupons and hearty breakfast ideas.

See below for an easy breakfast frittata recipe that the whole family can enjoy; add whole grain bagels with low-fat cream cheese and fresh fruit, and you have a satisfying way to start everyone's day.

## SAUSAGE FRITTATA

MAKES: 8 SERVINGS

1 pkg. Jimmy Dean Original Hearty Pork Sausage Crumbles  
2 cups cubed, cooked red potatoes (about 2 medium)  
8 eggs  
1/4 cup grated Parmesan cheese  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper  
1/2 cup chopped seeded tomato

2 green onions, thinly sliced  
Cook sausage in large nonstick skillet over medium heat 4 to 5 minutes or until hot. Stir in potatoes.

Beat eggs, cheese, salt and pepper in large bowl with wire whisk. Pour over sausage mixture. Cook over medium-high heat 2 minutes, occasionally lifting edge with spatula and tilting skillet to allow uncooked egg to flow underneath. (Do not stir.)

Reduce heat to medium-low; drizzle over cakes. Serve at room temperature.

Top with tomato and onions. Cut into 8 wedges to serve.

# A Fresh, Fruity, Fulfilling And Wholesome Breakfast

Family Features

Bring some warm sunshine to the breakfast table with a wholesome, easy-to-prepare recipe for Mini Blueberry and Plum Cornmeal Cakes.

Fresh blueberries and cornmeal are a great flavor combination, and you don't have to wait until summer to enjoy it. With sweet and delicious Chilean blueberries and plums available in produce departments right now, you can make a breakfast-brunch treat that's pretty enough for company or an extra special treat for the family.

Fresh orange zest in the batter and a simple orange glaze on top really brighten up the taste and are a perfect complement to the blueberries. Adding yogurt and ricotta cheese make these mini cakes extra-moist and delectable.

For more delicious ways you can enjoy the great taste and health benefits of fresh Chilean blueberries and plums, visit [www.cffausa.org](http://www.cffausa.org) or [www.chilean-fruitonline.com](http://www.chilean-fruitonline.com).

## MINI CHILEAN BLUEBERRY AND PLUM CORNMEAL CAKES WITH ORANGE GLAZE

MAKES 6

1 1/3 cups flour  
2/3 cup cornmeal  
2 teaspoons baking powder  
1 1/2 teaspoons salt  
1 1/4 sticks butter, softened  
1 cup sugar  
6 tablespoons vegetable oil  
2 eggs  
1 tablespoon vanilla  
1 cup ricotta cheese  
1/3 cup yogurt  
1 1/2 cups fresh blueberries  
4 plums, sliced and pitted  
Glaze

2 cups fresh orange juice

Preheat oven to 350°F. Butter six 4-inch sized cake pans or two extra large muffin pans.

Mix first 4 dry ingredients together. Set aside.

Using an electric mixer, beat butter with sugar until creamy. With mixer running, add eggs, oil

and vanilla. Beat in flour mixture just until blended.

Add ricotta and yogurt on low, just to blend. Pour half of batter into prepared pans. Sprinkle with half of fruit. Spoon in remaining batter, then remaining fruit on top.

Bake cakes for 30 minutes or until the tops are golden brown and a tester inserted comes out clean. Cool on cooling rack.

To make glaze: Reduce orange juice to 3/4 cup in a sauté pan. Drizzle over cakes. Serve at room temperature.

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## Becker-Healy

Elizabeth Becker and Joseph Healy are pleased to announce their engagement and upcoming marriage.

Parents of the couple are Marvin and Ellen Becker of Yankton, SD, and David and Gigi Healy of Yankton, SD.

The bride is a 2001 graduate of Yankton High School, 2005 graduate of College of Santa Fe, NM with a BA in psychology, and 2010 graduate of University of Texas at Austin with a BS in nursing. She is currently employed at Avera Sacred Heart Hospital as a float nurse.

The groom is a 2001 graduate of Yankton High School, and 2007 graduate of South Dakota School of Mines & Technology with a BS in electrical engineering. He is currently employed by Vishay Electronics.

The couple is planning a September 3, 2011 wedding.

## 40th Wedding Anniversary



Mr. and Mrs. Steven Sprecher

Steven and Doris (Schilberg) Sprecher are celebrating their 40th wedding anniversary. They were married May 1, 1971. Their family requests a card shower in their honor. Greetings may be sent to 609 Maple, Yankton, SD 57078.

The couple has 3 children: Jerrod and Stephanie (Sprecher) Deneke of Lincoln, IL; Jon Sprecher of Yankton, SD; and Stacey Sprecher of Bolingbrook, IL. The couple have 3 grandchildren.



## Bender-Thunker

Alicia Bender and Michael Thunker were married June 19, 2010 at St. Benedict Church, Yankton, SD, with Fr. Paul Josten officiating.

Parents of the couple are Brad and Rhonda Bender of Yankton, SD, and Terry and Becky Thunker of Crofton, NE.

Matron of Honor was Ashley Dendinger, Hartington, NE, and Maid of Honor was Brooklyn Bender, Yankton, SD. Bridesmaids were Laura Thunker, Yankton, SD; Rachel Thunker, Lincoln, NE; Maggie Jacobsen, Vermillion, SD; and Sarah Veum, Deer Park, NY. Flower girl was Hannah Jussel, Yankton, SD.

Best Man was Alan Engebretsen, Lincoln, NE. Groomsmen were Cody Wilken, Bloomfield, NE; Curtis Thoen, Fordyce, NE; Travis Arens, Crofton, NE; Colton Bender, Yankton, SD; and Luke Heintzman, Bismarck, ND. Flower pinner was Rita Wilken, Bloomfield, NE. The bride's personal attendants were Hollie Hallberg, Yankton, SD, and Shana Mayer, Ashland, MO.

Following the ceremony, a reception was held at the Elks Lodge, Yankton, SD, with Tim and Beth Mayer, Jefferson City, MO, and Steve and Kris Jacobsen, Springfield, SD, as hosts.

The bride is a 2005 graduate of Yankton High School, and 2009 graduate of South Dakota State University.

The groom is a 2010 graduate of Crofton High School, attended The University of South Dakota, and is currently enrolled at Mount Marty College.