

Carrot Pancakes

Prep time: 15 minutes

Cooking time: 10 minutes

Makes: 15 pancakes

Ingredients

1/2 cup oats (quick or old-fashioned)

3/4 cup buttermilk

1/2 cup carrots, finely grated

1 egg

1 Tablespoon oil

1/4 cup nonfat or 1% milk

1/2 teaspoon vanilla extract (optional)

1/2 cup all purpose flour

1 Tablespoon sugar

1 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1/2 teaspoon cinnamon (optional)

Directions

Mix oatmeal and buttermilk and set aside to soak.

Peel and grate the carrot with a fine grater.

Add egg, oil, milk and vanilla extract, if desired, to the oatmeal mixture; beat well. Stir in the grated carrot.

Measure dry ingredients and stir into the wet ingredients until batter is fairly smooth. If it seems too thick add a small amount of milk.

Lightly spray a large skillet or griddle with non-stick cooking spray or lightly wipe with oil. Heat skillet or griddle over medium-high heat (350 degrees in an electric skillet). For each pancake, pour about 1/4 cup of batter onto the hot griddle.

Cook until pancakes are puffed and dry around edges. Turn and cook other side until golden brown.

Refrigerate leftovers within 2 hours.

Notes

To see if skillet is hot enough, sprinkle with a few drops of water. If drops skitter around, heat is just right.

Top with applesauce, fresh fruit or yogurt.

Quick Mixed Berry Pancake Sauce

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In this healthy, quick pancake sauce recipe, berries—such as strawberries, blueberries and raspberries—are microwaved until hot and thickened. Serve along with maple syrup, or skip the syrup altogether and enjoy the natural sweetness from the berries.

Ingredients:

3 cups mixed berries, fresh or frozen

3 tablespoons sugar

2 teaspoons cornstarch

Preparation:

Toss berries, sugar and cornstarch in a large microwave-safe bowl until well combined. Microwave on High for 2 minutes. Stir and microwave on High again until slightly thickened and steaming, 2½ to 3½ minutes more.

Make Ahead Tip: To make ahead: Cover and refrigerate for up to 3 days.

Veggie Quiche Muffins

Prep time: 10 minutes

Cooking time: 45 minutes

Makes: 12 muffins

Ingredients

3/4 cup low-fat cheddar cheese, shredded

1 cup green onion or onion, chopped (1 medium onion)

1 cup broccoli, chopped

1 cup tomatoes, diced

2 cups nonfat or 1% milk

4 eggs

1 cup baking mix (for biscuits or pancakes)

1 teaspoon italian seasoning (or dried leaf basil and oregano)

1/2 teaspoon salt

1/2 teaspoon pepper

Directions

Heat oven to 375 degrees. Lightly spray or oil 12 muffin cups.

Sprinkle cheese, onions, broccoli and tomatoes in muffin cups.

Place remaining ingredients in a bowl and beat until smooth. Pour egg mixture over other ingredients in muffin cups.

Bake until golden brown or until knife inserted in center comes out clean, 35-40 minutes. Cool 5 minutes.

Refrigerate leftovers within 2 hours.

Try chopped zucchini or mushrooms as part of the vegetables

BREAKFAST TABBOULEH

Tabbouleh (pronounced ta-BOO-lee), a Middle Eastern grain salad, is traditionally made with bulgur (cracked wheat), tomatoes, cucumbers, scallions, mint, and lots of parsley. For this version, we've kept the bulgur, but we've added more typical morning ingredients. This version is bright-tasting and delicious, and you can make it the night before, if you like—just add the nuts, mint, and berries right before serving.

HANDS-ON TIME: 10 MINUTES TOTAL TIME: 50 MINUTES MAKES: 4 CUPS

INGREDIENTS

1 cup boiling water

1/2 cup bulgur wheat

1/4 teaspoon salt

1/2 cup dried fruit, including raisins, cherries, cranberries, or whatever you like

1/2 cup toasted walnuts or almonds, coarsely chopped

1 cup whole blueberries, raspberries, or blackberries, or sliced strawberries (or sliced fruit of your choosing)

2 tablespoons chopped fresh mint leaves (if you like, or use 1/2 teaspoon dried)

1 teaspoon vegetable oil

1 teaspoon lemon, orange, or apple juice

1 cup plain yogurt

INSTRUCTIONS

Put the boiling water, bulgur, and salt in the bowl, cover and let stand until the water has been completely absorbed by the bulgur, about 45 minutes. Remove the cover, stir well, and set aside to cool.

Add everything else but the yogurt and stir well. Serve right away, with a big dollop of yogurt on top.

NOTES

No bulgur wheat? No problem! Try using cooked brown rice, barley, or oatmeal, and skip the boiling water step.