



EatingWell Favorite Christmas Brunch Recipes

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Breakfast Fruit Bread Pudding

Makes: 10 servings

Active time: 30 minutes

Total: 3¼ hours

To make ahead: Prepare through Step 2, cover and refrigerate for up to 12 hours.

Heart Health Diabetes Weight Loss Gluten Free

Studded with strawberries, this breakfast recipe is a cross between a baked French toast and a dessert bread pudding. Swap in almost any fruit depending on what's in season. Although we typically advocate using whole-grain bread, we stuck with challah for this recipe, because the results are so luscious.

- 1 pound day-old challah or other egg bread, cut in ½-inch slices**
- 5 cups sliced strawberries or other berries, halved if large**
- 5 large eggs**
- 3 large egg whites**
- 2 cups low-fat milk**
- 1 cup half-and-half**
- 1 tablespoon vanilla extract**
- ¼ teaspoon salt**
- ½ cup honey**
- Confectioners' sugar for garnish**

1. Coat a 9-by-13-inch baking dish with cooking spray. Cut bread in half on the diagonal to get somewhat triangular pieces. Place half the bread decoratively in the bottom of the prepared pan, nestling and trimming to fit as necessary. It's OK if there are spaces between the slices. Spread berries over the bread. Cover with the remaining bread, trimming to fit as necessary.

2. Whisk eggs, egg whites, milk, half-and-half, vanilla and salt in a large bowl until thoroughly blended. Whisk in honey until completely incorporated. Pour the mixture over the bread. Let stand for 1 hour to allow the bread to soak up the liquid, pressing the bread down into the liquid a few times to help it absorb more. (Alternatively, cover with plastic wrap and refrigerate for up to 12 hours, pressing on the bread a few times while it sits.)

3. Position rack in lower third of oven; pre-heat to 350°F. (If the pudding was refrigerated, remove the plastic wrap and let stand at room temperature while the oven pre-heats.) Cover the pan loosely with foil and set it on a rimmed baking sheet.

4. Bake for 30 minutes. Remove the foil and continue baking until bubbling and the pudding is just set, about 1 hour more. Let stand about 10 minutes before serving (most of the liquid will be absorbed by the bread as the pudding rests). Serve dusted with confectioners' sugar, if desired.

Per serving: 302 calories; 9 g fat (4 g sat, 3 g mono); 127 mg cholesterol; 46 g carbohydrate; 14 g added sugars; 11 g protein; 3 g fiber; 330 mg sodium; 345 mg potassium.

Nutrition bonus: Vitamin C (82% daily value), Folate (24% dv), Calcium (16% dv).

Carbohydrate Servings: 3

Exchanges: 1½ starch, ½ fruit, 1 carbohydrate (other), 1 medium-fat meat, 1 fat

Orange-Spiced Fruit Bread

Makes: 1 large loaf, 14 slices

Active time: 35 minutes **Total:** 24 hours

To make ahead: Wrap airtight and keep at room temperature for up to 3 days or freeze for up to 2 months.

Equipment: 10-cup Bundt (or similar) pan

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Orange zest, aniseed and allspice, along with honey, lend this full-bodied fruit bread an intriguing flavor. The medley of three dried fruits gives it a chewy texture, eye-catching color and healthful fiber. For a festive look, the bread is baked in a tube pan: a 10-cup Bundt, Kugelhopf or other pan with a center tube and decorative shape is ideal. This bread is nice as a snack or, when drizzled with the sugar glaze, as a dessert or fine companion to tea. *(Recipe by Nancy Baggett for EatingWell.)*

Bread

½ cup golden raisins

½ cup sweetened dried cranberries

½ cup chopped dried figs

2 cups unbleached bread flour (see **Note**) or unbleached all-purpose flour, plus more as needed

1½ cups whole-wheat flour

1 tablespoon aniseed

1½ teaspoons ground allspice

1¼ teaspoons instant, quick-rising or bread-machine yeast

¼ teaspoon table salt

1¼ cups ice water (see **Tips**), plus more as needed

6 tablespoons clover honey or other mild honey

¼ cup mild molasses (not blackstrap)

2 tablespoons corn oil, canola oil or other flavorless vegetable oil

2 teaspoons finely grated orange zest

Soaking Syrup

3 tablespoons orange juice

2 tablespoons clover honey or other mild honey

Optional Glaze

⅓ cup confectioners' sugar, sifted

2-3 teaspoons orange juice

1. Mix dough: Soak raisins, cranberries and figs in hot water for 10 minutes; drain well and let cool to barely warm. Thoroughly stir 2 cups bread (or all-purpose) flour, whole-wheat flour, aniseed, allspice, yeast and salt in a 4-quart (or larger) bowl. Thoroughly whisk 1¼ cups ice water, honey, molasses, oil and orange zest in a medium bowl. Vigorously stir the honey mixture and drained fruit into the dry ingredients, scraping down the sides and mixing just until the dough is thoroughly blended. The dough should be moist and somewhat sticky, but fairly stiff. If the mixture is too dry, stir in just enough additional ice water to facilitate mixing, but don't overmoisten. If the dough is too wet, stir in just enough flour to stiffen slightly. Lightly coat the top with oil. Cover the bowl with plastic wrap.

2. First rise: Let the dough rise at room temperature (about 70°F) for 12 to 18 hours; if convenient, stir once partway through the rise. For convenience (and improved flavor), you may refrigerate the dough for 3 to 12 hours before starting the first rise.

3. Second rise: Coat a 10-cup Bundt pan (or similar pan with a center tube) with oil. Vigorously stir the dough to deflate it. If it is soft, stir in just enough bread (or all-purpose) flour to yield a firm but moist dough (it should be fairly hard to stir). Transfer the dough to the pan. Lightly coat the top with oil. Smooth out and press the dough evenly into the pan with oiled fingertips or a rubber spatula; if the dough springs back and is resistant, let it rest for 10 minutes, then proceed. Cover with plastic wrap.

4. Let rise at warm room temperature until the dough is about 1 inch below the pan rim (of a 10-cup pan) or until an indentation stays when pressed into the dough (if a larger pan is used), 1¼ to 2½ hours. *(For an accelerated rise, see **Tips**.)*

5. 15 minutes before baking: Position a rack in lower third of oven; preheat to 350°F.

6. Bake, cool: Bake the loaf on the lower rack until lightly browned and a skewer inserted in the center comes out with just a few crumbs on the tip (or until an instant-read thermometer registers 204-206°), 60 to 70 minutes. Cool in the pan on a wire rack for 10 to 15 minutes.

7. To prepare soaking syrup: Combine orange juice and honey in a small bowl. Brush about half the syrup over the top of the loaf. When it's fully absorbed, run a knife around the tube to loosen the loaf and invert onto the rack, set over wax paper. Brush with the remaining syrup. Let cool thoroughly.

8. To prepare glaze: If desired, combine confectioners' sugar with orange juice in a small bowl to make a thick, slightly fluid glaze. Drizzle the glaze over the cooled loaf and leave uncovered until the glaze sets, about 30 minutes.

Per slice: 232 calories; 3 g fat (0 g sat, 1 g mono); 0 mg cholesterol; 50 g carbohydrate; 15 g added sugars; 5 g protein; 3 g fiber; 214 mg sodium; 256 mg potassium.

Nutrition bonus: Folate (16% daily value).

Carbohydrate Servings: 3

Exchanges: 3 starch

Note: Milled from high-protein wheats, bread flour develops strong gluten, resulting in well-risen loaves. It helps give breads with a high percentage of whole grains better structure and a lighter texture. Find it near other flours in most supermarkets.



Tips: To prepare "ice water" for this recipe, add a heaping cup of ice cubes to cold water and stir for about 30 seconds before measuring out the water.

You can turn your microwave into a warm, moist environment to help accelerate the second rise of the bread dough. Begin by microwaving ½ cup water in a 1-cup glass measure just to boiling. Set the water in one corner of the microwave, place the pan of dough on the other side of the turned-off microwave and close the door. The dough will double in size in 45 minutes to 1½ hours.

Cheesy Polenta & Egg Casserole

Makes: 6 servings

Active time: 40 minutes

Total: 1 hour 5 minutes

To make ahead: Prepare through Step 4 up to 2 hours ahead; hold the polenta at room temperature and refrigerate the sausage until ready to bake.

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This memorable brunch centerpiece is rich with cheesy polenta, crumbled sausage and baked eggs.

- 1** tablespoon plus 2 teaspoons extra-virgin olive oil, divided
- 1/3** cup finely chopped onion
- 4** cups water, plus more as needed
- 1** cup yellow cornmeal (see *Tip*)
- 1/2** teaspoon salt
- 6** ounces Italian turkey sausage, casing removed
- 1/2** cup shredded fontina or mozzarella
- 1/2** cup grated Parmigiano-Reggiano, divided
- 6** large eggs

1. Heat 1 tablespoon oil in a large saucepan or Dutch oven over medium heat. Add onion and cook, stirring, until softened, but not browned, 2 to 3 minutes. Add 4 cups water and bring to a boil. Gradually whisk cornmeal into the boiling water. Add salt and cook over medium heat, whisking constantly until the polenta bubbles, 1 to 2 minutes. Reduce heat to low and cook, whisking frequently, until very thick, 10 to 15 minutes. (Alternatively, once the polenta comes to a boil, transfer it to the top of a double boiler, cover, and place over barely simmering water for 25 minutes. This is convenient, because you don't need to stir it as it cooks.)

2. Meanwhile, heat the remaining 2 teaspoons oil in a large skillet over medium heat and add sausage. Cook, stirring and breaking the sausage into small pieces with a spoon, until lightly browned and no longer pink, about 4 minutes. Drain if necessary and transfer to a cutting board; let cool. Finely chop when cool enough to handle.

3. Position rack in upper third of oven; pre-heat to 350°F. Coat a 9-by-13-inch baking pan with cooking spray.

4. When the polenta is done, stir in fontina (or mozzarella) and 1/4 cup Parmigiano-Reggiano. If the polenta seems too stiff, add small amounts of water to thin it to a thick but not stiff consistency. Spread the polenta in the prepared pan.

5. Make six 2-inch-wide indentations in the polenta with the back of a tablespoon. Break eggs, one at a time, into a custard cup and slip one into each indentation. Scatter the sausage on the polenta and sprinkle the remaining 1/4 cup Parmigiano-Reggiano evenly on top of the eggs.

6. Bake the casserole for 15 minutes. Then broil until the egg whites are set, 2 to 4 minutes. Let stand for 5 minutes before serving.

Per serving: 295 calories; 17 g fat (6 g sat, 6 g mono); 241 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 19 g protein; 2 g fiber; 683 mg sodium; 148 mg potassium.

Nutrition bonus: Calcium (24% daily value).

Carbohydrate Servings: 1

Exchanges: 1 starch, 2 medium-fat meat, 1 fat

Tip: Polenta, a creamy Italian porridge, can be made from any type of cornmeal. Coarsely ground cornmeal, available in many natural-foods stores, is a great option because it has big corn flavor and light texture. It's usually labeled "cornmeal," but some brands are labeled "polenta."





Broccoli, Ham & Cheese Quiche

Makes: 6 servings

Active time: 20 minutes

Total: 2 hours

To make ahead: Prepare crust; cool, wrap and refrigerate for up to 1 day. Let stand at room temperature while you continue with Step 3 and preheat oven.

Equipment: 9-inch springform pan

Heart Health Diabetes Weight Loss Gluten Free

This quiche recipe is full of broccoli, Cheddar cheese and smoky ham surrounded by a crispy hash brown crust. Look for precooked shredded potatoes in the dairy section or in the produce section—or use frozen hash brown potatoes in this easy quiche recipe.

- 16 ounces precooked shredded potatoes or frozen hash browns (thawed)**
- 1³/₄ cups liquid egg substitute, such as Egg Beaters, divided**
- 2 tablespoons all-purpose flour**
- 1 tablespoon canola oil or extra-virgin olive oil**
- 1/4 teaspoon salt**
- 2 cups finely chopped broccoli florets**
- 1 cup shredded extra-sharp Cheddar cheese**
- 3/4 cup finely diced smoked ham**
- 3/4 cup reduced-fat sour cream**
- 1/4 cup minced fresh chives**
- 1/8 teaspoon freshly ground pepper**

1. Preheat oven to 375°F. Generously coat a 9-inch springform pan with cooking spray. Line a rimmed baking sheet with foil.

2. If using hash browns, squeeze any excess moisture from the thawed potatoes. Toss shredded potatoes (or hash browns) with 1/4 cup egg substitute, flour, oil and salt in a medium bowl. Pat the mixture into the bottom and 2 inches up the sides of the prepared springform pan. Bake until the potatoes are beginning to brown at the edges, 35 to 40 minutes.

3. Fill the crust with broccoli, cheese and ham. Whisk the remaining 1 1/2 cups egg substitute, sour cream, chives and pepper in a medium bowl. Place the pan on the prepared baking sheet and pour the egg mixture over the filling.

4. Bake the quiche until the center is just set, 50 minutes to 1 hour. Let cool for 15 minutes. Run a knife around the edges to loosen the sides, remove the pan sides and cut the quiche into wedges.

Per serving: 296 calories; 16 g fat (7 g sat, 5 g mono); 42 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 22 g protein; 2 g fiber; 603 mg sodium; 440 mg potassium.

Nutrition bonus: Vitamin C (52% daily value), Vitamin A (28% dv), Calcium (22% dv), Iron (16% dv), Zinc (15% dv).

Carbohydrate Servings: 1

Exchanges: 1 starch, 1/2 vegetable, 1/2 high-fat meat, 1 1/2 lean meat, 1 fat

Apple-Cranberry Coffee Cake

Makes: 12 servings

Active time: 45 minutes

Total: 1 hour, 50 minutes (including cooling time)

To make ahead: Cover and store at room temperature for up to 2 days.

Equipment: 9-inch springform pan

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This coffee cake calls for a tart apple, such as a Granny Smith or a Pippin, combined with cranberries and spices to make a beautiful topping for a delicious treat festive enough for any brunch. (Recipe by Nancy Baggett for EatingWell.)

Topping

½ cup packed light brown sugar

1 tablespoon cornstarch

¼ teaspoon ground cinnamon

1½ cups cranberries, fresh or frozen, thawed, chopped (see Tip)

1½ cups finely chopped peeled tart apple, such as Granny Smith (about 1 large)

½ cup cranberry juice cocktail, orange juice or apple juice

Cake

1 cup all-purpose flour

½ cup whole-wheat flour

1 teaspoon baking powder

¼ teaspoon salt

⅛ teaspoon baking soda

¼ cup canola oil

3 tablespoons butter, slightly softened

¾ teaspoon freshly grated lemon zest

¾ cup granulated sugar, plus 1 tablespoon for sprinkling

1 large egg

¾ cup low-fat milk

2 teaspoons vanilla extract

1. Preheat oven to 375°F. Coat a 9-inch springform pan with cooking spray.

2. To prepare topping: Whisk brown sugar, cornstarch and cinnamon in a medium non-reactive saucepan (see Note) until combined. Stir in cranberries, apple and juice. Bring the mixture to a boil over medium-high heat, stirring. Continue to cook, stirring, until the mixture thickens and the berries soften, about 2 minutes. Remove from the heat and let cool.

3. To prepare cake: Whisk all-purpose flour, whole-wheat flour, baking powder, salt and baking soda in a medium bowl. Beat oil, butter and lemon zest in a large mixing bowl with an electric mixer, first on medium speed, then on medium-high, until well combined, about 1½ minutes. Gradually add ¾ cup sugar, beating until the mixture is light in color and well blended. Add egg and beat until the batter is smooth, about 1 minute longer. With the mixer on low speed, beat in half the flour mixture until just incorporated. Gradually beat in milk and vanilla until just incorporated. Add the remaining flour mixture and beat until a smooth batter forms, about 1 minute, scraping down the sides of the bowl as needed. Scrape the batter into the prepared pan, spreading to the edges. Spread the topping in an even layer over the batter; do not stir.

4. Bake the cake on the middle rack until the top is puffed in places and a toothpick inserted in the center comes out clean (the fruit topping will still be moist), 40 to 50 minutes. Sprinkle the remaining 1 tablespoon sugar over the top. Transfer the pan to a wire rack; let stand until cooled to warm, about 20 minutes. Remove the pan sides and cut the cake into wedges.

Per serving: 268 calories; 8 g fat (3 g sat, 3 g mono); 26 mg cholesterol; 47 g carbohydrate; 23 g added sugars; 4 g protein; 3 g fiber; 113 mg sodium; 114 mg potassium.

Nutrition bonus: Vitamin C (20% daily value)

Carbohydrate Servings: 3

Exchanges: 3 carbohydrate (other), 1 fat (mono)



Tip: To make quick work of chopping cranberries, place whole berries in a food processor and pulse a few times until the berries are coarsely chopped.

Note: A nonreactive pan—stainless steel, enamel-coated or glass—is necessary when cooking acidic foods, such as tomato or lemon, to prevent the food from reacting with the pan. Reactive pans, such as aluminum and cast-iron, can impart an off color and/or off flavor in acidic foods.



EatingWell Waffles

Makes: 6 servings

Active time: 40 minutes

Total: 40 minutes

Heart Health Diabetes Weight Loss Gluten Free

These healthy waffles are made from a blend of whole-wheat and regular flour plus nonfat buttermilk and canola oil. Top with fresh berries or sliced peaches and yogurt for a satisfying start to any day.

- 1 cup whole-wheat flour
- 1 cup all-purpose flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 2 cups nonfat buttermilk (see *Tip*)
- 1 large egg, separated
- 1 tablespoon canola oil
- 1 tablespoon vanilla extract (optional)
- 2 large egg whites
- 2 tablespoons sugar

1. Stir whole-wheat flour, all-purpose flour, baking powder, salt and baking soda in a large bowl. Whisk buttermilk, the egg yolk, oil and vanilla (if using) in a separate bowl. Add the wet ingredients to the dry ingredients and stir with a wooden spoon just until moistened.

2. Beat the 3 egg whites in a grease-free mixing bowl with an electric mixer until soft peaks form. Add sugar and continue beating until stiff and glossy. Whisk one-quarter of the beaten egg whites into the batter. Fold in the remaining beaten egg whites with a rubber spatula.

3. Preheat a waffle iron. Brush the surface lightly with oil. Fill the waffle iron two-thirds full of batter. Cook until the waffles are crisp and golden, 5 to 6 minutes. Repeat with the remaining batter, brushing the surface with oil before cooking each batch.

Per serving: 241 calories; 4 g fat (0 g sat, 2 g mono); 37 mg cholesterol; 41 g carbohydrate; 4 g added sugars; 11 g protein; 3 g fiber; 450 mg sodium; 285 mg potassium.

Nutrition bonus: Folate (16% daily value).

Carbohydrate Servings: 3

Exchanges: 2½ carbohydrate (other), ½ fat

Tip: No buttermilk? You can use buttermilk powder prepared according to package directions. Or make “sour milk”: the ratio is 1 tablespoon lemon juice or vinegar to 1 cup milk.

Honey- & Goat Cheese-Filled Fig Muffins

Makes: 1 dozen muffins

Active time: 40 minutes

Total: 1 hour

To make ahead: Individually wrap the muffins and store at room temperature for up to 2 days or freeze for up to 1 month. To reheat, remove plastic wrap, wrap in a paper towel and microwave on High for 30-45 seconds.

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Sweet figs and a filling of tangy goat cheese give a surprising twist to these hearty breakfast muffins. Make a batch of these on the weekend and enjoy them for breakfast all week long. If you're not a fan of goat cheese, try them with cream cheese instead.

¾ cup crumbled soft goat cheese or reduced-fat cream cheese (Neufchâtel)

2 tablespoons honey

1 teaspoon freshly grated lemon zest

1¼ teaspoons vanilla extract, divided

2 cups white whole-wheat flour (see Note)

1½ teaspoons baking powder

½ teaspoon baking soda

¼ teaspoon salt

2 large eggs

1 large egg white

¾ cup packed dark or light brown sugar

1 cup low-fat or nonfat buttermilk

⅓ cup extra-virgin olive oil

1¼ cups chopped dried figs

3 tablespoons turbinado (see Note) or granulated sugar

1. Preheat oven to 425°F. Line 12 (½-cup) muffin cups with paper liners or coat with cooking spray.

2. Thoroughly combine goat cheese (or cream cheese), honey, lemon zest and ¼ teaspoon vanilla in a small bowl. Set aside.

3. Whisk flour (see *Measuring Tip*), baking powder, baking soda and salt in a large bowl. Lightly beat eggs and egg white in a medium bowl; add brown sugar and the remaining 1 teaspoon vanilla and whisk until the sugar is dissolved, about 1 minute. Gradually whisk in buttermilk and oil until smooth. Add the wet ingredients to the dry ingredients and stir until just combined; do not overmix. Fold in figs.

4. Spoon half the batter into the prepared muffin cups. Add 1 generous teaspoon of the reserved cheese filling to the center of each muffin, and cover with the remaining batter. (The filling should not be visible.) Sprinkle the muffins with sugar.

5. Bake the muffins until the edges start to brown and the tops spring back when gently pressed, 13 to 15 minutes. Let cool in the pan for 5 minutes before turning out onto a wire rack to cool.

Per muffin: 272 calories; 9 g fat (2 g sat, 6 g mono); 39 mg cholesterol; 44 g carbohydrate; 20 g added sugars; 6 g protein; 3 g fiber; 239 mg sodium; 184 mg potassium.

Nutrition bonus: Iron (20% daily value).

Carbohydrate Servings: 3

Exchanges: 1 starch, ½ fruit, 1½ other carbohydrates, 1½ fat

Note: White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat flour. It is available in large supermarkets and at natural-foods stores. Store it in the freezer.



Note: Turbinado sugar is steam-cleaned raw cane sugar. It's coarse-grained and light brown in color, with a slight molasses flavor. Find it in the natural-foods section of large supermarkets or at natural-foods stores.

Measuring Tip: We use the "spoon and level" method to measure flours. Here's how it is done: Use a spoon to lightly scoop flour from its container into a measuring cup. Use a knife or other straight edge to level the flour with the top of the measuring cup.



Individual Brussels Sprout & Potato Frittatas

Makes: 4 servings

Active time: 25 minutes

Total: 45 minutes

Equipment: Four 10-ounce ovenproof ramekins

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Brussels sprouts and preshredded potatoes make these oversized muffin-shaped frittatas hearty. They're as good served warm for dinner as they are at room temperature for lunch. Pair with a mixed green salad with cherry tomatoes and buttermilk dressing.

- 1 tablespoon extra-virgin olive oil
- 2 cups refrigerated preshredded potatoes
- 8 ounces Brussels sprouts, trimmed and thinly sliced (about 2 cups)
- ½ cup chopped onion
- 2 cloves garlic, minced
- 1 16-ounce container liquid egg substitute, such as Egg Beaters
- ⅓ cup grated Parmesan cheese
- ¼ cup low-fat milk
- 1 teaspoon dried thyme
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper

1. Preheat oven to 400°F. Coat four 10-ounce ovenproof ramekins with cooking spray and place on a baking sheet.
2. Heat oil in a large nonstick skillet over medium-high heat. Add potatoes, Brussels sprouts, onion and garlic and cook, stirring, until softened and beginning to brown, about 6 minutes. Divide the mixture among the prepared ramekins.
3. Whisk egg substitute, cheese, milk, thyme, salt and pepper in a medium bowl. Pour the egg mixture over the potato mixture and gently stir to combine.
4. Transfer the baking sheet to the oven. Bake until the eggs are set and an instant-read thermometer inserted in a frittata registers 160°F, about 25 minutes.

Per serving: 209 calories; 6 g fat (2 g sat, 3 g mono); 7 mg cholesterol; 21 g carbohydrate; 0 g added sugars; 18 g protein; 3 g fiber; 666 mg sodium; 622 mg potassium.

Nutrition bonus: Vitamin C (75% daily value), Folate (28% dv), Vitamin A (24% dv), Iron (20% dv), Potassium (18% dv), Calcium (17% dv).

Carbohydrate Servings: 1½

Exchanges: 1 starch, 1 vegetable, 1½ lean meat, 1 fat

Pancetta & Greens Frittata

Makes: 6 servings

Active time: 30 minutes

Total: 35 minutes

Heart Health Diabetes Weight Loss Gluten Free

This frittata is packed with hearty greens and leeks with a touch of salty bacon or pancetta and Asiago cheese for flavoring. We tested the recipe both with egg substitute and whole eggs. It works great either way, but has fewer calories and less saturated fat when you use egg substitute.

- 2 tablespoons extra-virgin olive oil
- 3 ounces pancetta or 3 strips bacon, cut into ½-inch pieces
- 2 cups sliced leeks, white and light green part only (see Tip)
- 2½ cups sturdy greens, such as kale, radicchio or mustard greens, any tough stems removed, thinly sliced
- 1 16-ounce container liquid egg substitute, such as Egg Beaters, or 8 large eggs, beaten
- 1 cup shredded Asiago or Parmesan cheese
- ½ teaspoon freshly ground pepper

1. Position rack in upper third of oven; pre-heat broiler.
2. Heat oil in a large broiler-safe nonstick skillet or cast-iron skillet over medium-high heat. Add pancetta (or bacon) and cook, stirring frequently, until crisp, 2 to 3 minutes. Reduce heat to medium. Add leeks and continue cooking, stirring frequently, until the leeks have softened, 4 to 5 minutes more. Add greens and cook, stirring, until they are just beginning to wilt, about 1 minute.
3. Meanwhile, whisk eggs, cheese and pepper in a bowl. When the greens are just starting to wilt, pour the egg mixture over the ingredients in the pan. Using a spatula, carefully scrape the eggs from the edges to the middle of the pan as they cook, allowing uncooked egg to flow under, about 3 minutes.



When the eggs are nearly set, place the skillet under the broiler until the top is cooked and the eggs are slightly browned, about 2 minutes. Let stand 5 minutes.

4. To release the frittata from the pan, run a rubber spatula around the edge, then underneath, until you can slide or lift it out onto a cutting board or serving plate. Cut into wedges and serve.

Per serving: 238 calories; 15 g fat (6 g sat, 4 g mono); 27 mg cholesterol; 9 g carbohydrate; 0 g added sugars; 15 g protein; 1 g fiber; 595 mg sodium; 294 mg potassium.

Nutrition bonus: Vitamin A (109% daily value), Vitamin C (62% dv), Calcium (22% dv), Folate (18% dv).

Carbohydrate Servings: ½

Exchanges: 1 vegetable, 2 lean meat, 1 fat

Tip: To clean leeks, trim and discard green tops and white roots. Split leeks lengthwise and place in plenty of water. Swish the leeks in the water to release any sand or soil. Drain. Repeat until no grit remains.



Artichoke-Scrambled Eggs Benedict

Makes: 4 servings

Active time: 30 minutes

Total: 30 minutes

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Roasted artichoke bottoms stand in for English muffins in this quick yet elegant supper. Substitute roasted mushrooms for the pancetta for a vegetarian option. Serve with roasted new potatoes or a tossed salad.

- 8 canned artichoke bottoms (1½ cans), rinsed (see Tip)
- 4 teaspoons extra-virgin olive oil, divided
- 3 teaspoons chopped fresh oregano, divided, plus 4 sprigs for garnish
- ⅓ cup chopped pancetta
- 2 tablespoons reduced-fat mayonnaise
- 2 tablespoons nonfat plain yogurt
- 2 teaspoons lemon juice
- 1 teaspoon water

- 6 large eggs
- 4 large egg whites
- 2 tablespoons reduced-fat cream cheese (Neufchâtel)
- ¼ teaspoon salt

1. Preheat oven to 425°F.
2. Toss artichoke bottoms with 2 teaspoons oil and 2 teaspoons oregano. Place them top-side down on half of a large baking sheet. Spread pancetta in an even layer on the other half. Roast until the artichokes are just beginning to brown and the pancetta is crispy, 12 to 14 minutes.
3. Meanwhile, whisk mayonnaise, yogurt, lemon juice and water in a small bowl until smooth. Beat eggs and egg whites in a large bowl.
4. Heat the remaining 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the eggs and cook, folding and stirring frequently with a heatproof rubber spatula until almost set, about 2 minutes. Remove from the heat and fold in cream cheese, the remaining 1 teaspoon oregano and salt.
5. To serve, divide the artichoke bottoms among 4 plates. Top each artichoke with equal portions scrambled egg, crispy pancetta and creamy lemon sauce. Garnish with oregano sprigs, if desired.

Per serving: 282 calories; 19 g fat (6 g sat, 7 g mono); 333 mg cholesterol; 9 g carbohydrate; 0 g added sugars; 17 g protein; 3 g fiber; 737 mg sodium; 171 mg potassium.

Carbohydrate Servings: ½

Exchanges: 1 vegetable, 2 medium-fat meat, 2 fat

Tip: Artichoke bottoms can be purchased in 14-ounce cans—found near other canned vegetables. If unavailable, substitute two 14-ounce cans rinsed and halved artichoke hearts.

Baked Apple-Cinnamon French Toast

Makes: 12 servings

Active time: 25 minutes

Total: 9½ hours (including 8 hours refrigeration time)

To make ahead: Prepare through Step 3 and refrigerate for up to 1 day.

Heart Health Diabetes Weight Loss Gluten Free

This baked apple-cinnamon French toast can be prepared in advance and then simply popped in the oven for a leisurely and luxurious weekend morning. Use nonfat milk and eliminate the egg yolks to cut the calories by half and the reduce fat by nearly 80 percent in our griddle-free version.

- 3 cups nonfat milk
- 2 cups pasteurized liquid egg whites, such as Egg Beaters
- 3 tablespoons honey
- 1½ teaspoons vanilla extract
- ¼ teaspoon salt
- 1 1-pound loaf sliced whole-wheat bread
- 1 cup chopped dried apples (3 ounces)
- ½ cup raisins
- 1½ teaspoons ground cinnamon
- ½ teaspoon ground nutmeg
- 1 tablespoon confectioners' sugar

1. Whisk milk, egg whites, honey, vanilla and salt in a large bowl.
2. Trim crusts off 8 bread slices and set aside. Cut the crusts and the remaining bread into 1-inch pieces. Toss with dried apples, raisins, cinnamon and nutmeg in another large bowl.
3. Coat a 9-by-13-inch baking pan with cooking spray. Transfer the bread mixture to the pan. Lay the reserved crustless slices evenly on top, trimming to fit. Whisk the milk mixture one more time, then pour evenly over the bread. Press the bread down with the back of a wooden spoon, making sure it's evenly moist. Cover with parchment paper, then foil, and refrigerate for at least 8 hours or up to 24 hours.
4. Preheat oven to 350°F.
5. Bake the casserole, covered, for 40 minutes. Uncover and continue baking until puffed, set and lightly browned, about 20 minutes more. Let stand for 10 minutes; dust with confectioners' sugar and serve.

Per serving: 183 calories; 1 g fat (0 g sat, 1 g mono); 1 mg cholesterol; 33 g carbohydrate; 7 g added sugars; 10 g protein; 4 g fiber; 344 mg sodium; 312 mg potassium.

Carbohydrate Servings: 2

Exchanges: 1 starch, ½ fruit



Mushroom & Wild Rice Frittata

Makes: 6 servings

Active time: 45 minutes

Total: 1 hour

To make ahead: Prepare the rice (Step 1), cool and store airtight in the refrigerator for up to 3 days.

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Packed with a flavorful medley of chewy wild rice and three kinds of mushrooms, this satisfying frittata is perfect for Sunday brunch. Don't worry if you can only find one kind of mushroom—the richly aromatic top of baked Parmesan and crisp prosciutto will make up for it.

Wild Rice

2 cups water

½ cup wild rice (see Tip), rinsed

⅛ teaspoon salt

Frittata

5 large eggs

2 large egg whites

2 tablespoons chopped fresh parsley

½ teaspoon salt, divided

½ teaspoon freshly ground pepper, divided

¼ teaspoon ground nutmeg

2 teaspoons extra-virgin olive oil

1 cup chopped red onion

1 tablespoon minced fresh rosemary or 1 teaspoon dried

1 pound mixed mushrooms (cremini, white button, shiitake), sliced

½ cup finely shredded Parmesan cheese

4 thin slices prosciutto (about 2 ounces), chopped

1. To prepare wild rice: Combine water, rice and salt in a small heavy saucepan; bring to a boil. Cover, reduce heat to maintain a simmer and cook until the rice is tender with a slight bite, 40 to 50 minutes. Drain; you'll have about 1½ cups cooked rice.

2. To prepare frittata: About 30 minutes after you start cooking the rice, beat eggs and egg whites in a large bowl with parsley, ¼ teaspoon salt, ¼ teaspoon pepper and nutmeg.

3. Position rack in upper third of oven; pre-heat broiler.

4. Heat oil in a 10-inch ovenproof skillet, preferably cast-iron, over medium heat. Add onion and the remaining ¼ teaspoon each salt and pepper; cook, stirring, until softened, about 3 minutes. Stir in rosemary, then add mushrooms and cook, stirring frequently, until they release their liquid and the pan is dry, 6 to 8 minutes. Reduce heat to medium-low; stir in the rice.

5. Pour the reserved egg mixture evenly over the rice and vegetables. Partially cover and cook until set around the edges, about 5 minutes. Sprinkle with Parmesan and prosciutto. Place the pan under broiler and broil until the eggs are set and the top is nicely browned, about 2 minutes. Let stand for 5 minutes before serving.

Per serving: 210 calories; 9 g fat (3 g sat, 3 g mono); 190 mg cholesterol; 18 g carbohydrate; 0 g added sugars; 17 g protein; 2 g fiber; 681 mg sodium; 424 mg potassium.

Carbohydrate Servings: 1

Exchanges: 1 starch, 2 medium-fat protein

Tip: Regular wild rice takes 40 to 50 minutes to cook. To save time, look for quick-cooking varieties, which can be on the table in less than 30 minutes, or instant wild rice, which is done in 10 minutes or less.





Lemon-Cranberry Muffins

Makes: 1 dozen muffins

Active time: 25 minutes

Total: 1 hour

To make ahead: Individually wrap in plastic and freeze in a freezer bag for up to 1 month. To reheat frozen muffins, remove plastic, wrap muffin in a paper towel and microwave on High for 30 to 60 seconds.

Equipment: Muffin tin with 12 (½-cup) cups

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These lemony cranberry-studded muffins crunch lightly with cornmeal and are topped with a kiss of sugared lemon zest. They're great warm from the oven, but also keep well for a few days and freeze beautifully.

- ½ cup plus 2 tablespoons sugar, divided
- ¾ cup nonfat plain yogurt
- ⅓ cup canola oil
- 1 large egg
- 3 teaspoons freshly grated lemon zest, divided
- 2 tablespoons lemon juice
- 1 teaspoon vanilla extract
- 1½ cups white whole-wheat flour (see Note)
- ½ cup cornmeal, preferably medium or fine stone-ground
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 1½ cups cranberries, fresh or frozen (thawed), coarsely chopped (see Tip)

1. Preheat oven to 400°F. Coat 12 (½-cup) muffin cups with cooking spray or line with paper liners.

2. Whisk ½ cup sugar, yogurt, oil, egg, 2 teaspoons lemon zest, lemon juice and vanilla in a medium bowl.

3. Whisk flour, cornmeal, baking powder, baking soda and salt in a large bowl. Add the yogurt mixture and fold until almost blended. Gently fold in cranberries. Divide the batter among the muffin cups. Combine the remaining 2 tablespoons sugar and remaining 1 teaspoon lemon zest in a small bowl. Sprinkle evenly over the tops of the muffins.

4. Bake the muffins until golden brown and they spring back lightly to the touch, 20 to 25 minutes. Let cool in the pan for 10 minutes, then transfer to a wire rack to cool for at least 5 minutes before serving.

Per muffin: 187 calories; 7 g fat (1 g sat, 4 g mono); 18 mg cholesterol; 29 g carbohydrate; 10 g added sugars; 4 g protein; 3 g fiber; 255 mg sodium; 96 mg potassium.

Carbohydrate Servings: 2

Exchanges: 1 starch, 1 carbohydrate (other), 1 fat

Note: White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat flour. It is available at large supermarkets and natural-foods stores and online. Store it in the freezer.

Tip: To make quick work of chopping cranberries, place whole berries in a food processor and pulse a few times until the berries are coarsely chopped

Coffee-Streusel Bundt Cake

Makes: 16 servings

Active time: 35 minutes **Total:** 3½ hours
(including 2 hours cooling time)

Equipment: 10-cup Bundt pan or tube pan

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Can you really have too much of a good thing when it comes to the combination of coffee and cake? Here, we've created a lighter but still moist and rich Bundt cake, added a ribbon of hazelnut-coffee streusel inside and a drizzle of coffee glaze on top. To say it tastes great with a good cup of coffee is an understatement. *(Recipe by Joyce Hendley for EatingWell.)*

Streusel Filling

- 3 tablespoons all-purpose flour
- 3 tablespoons dark brown sugar
- 3 tablespoons chopped hazelnuts
- 2 tablespoons instant espresso powder
(see Note)
- 1 tablespoon butter, melted

Cake

- 1½ cups white whole-wheat flour
(see Note)
- 1½ cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 1½ cups reduced-fat sour cream
or low-fat plain yogurt
- 1 teaspoon vanilla extract
- 4 tablespoons unsalted butter,
softened
- ¼ cup canola oil
- 2 cups granulated sugar
- 2 large eggs
- 2 large egg whites

Glaze

- ½ cup packed confectioners' sugar
- 1 teaspoon instant espresso powder
mixed with 2 tablespoons hot water
or 2 tablespoons brewed coffee
- 1 tablespoon chopped hazelnuts
for garnish

1. Preheat oven to 350°F. Coat a 10-cup Bundt pan or tube pan with cooking spray.

2. **To prepare streusel:** Combine 3 tablespoons each all-purpose flour, brown sugar and hazelnuts, 2 tablespoons espresso powder and melted butter in a small bowl.

3. **To prepare cake:** Whisk white-whole wheat flour, all-purpose flour, baking powder, salt and baking soda in a medium bowl. Stir together sour cream (or yogurt) and vanilla in a small bowl.

4. Beat butter, oil and granulated sugar in a large mixing bowl with an electric mixer on medium-high speed until well combined. Add eggs and egg whites, beating after each addition until just incorporated. Add the dry ingredients alternately with the sour cream (or yogurt) mixture, starting and ending with the dry ingredients and beating on low speed just until incorporated after each addition, scraping down the sides as necessary.

5. Spoon half the batter into the prepared pan and sprinkle evenly with the reserved streusel. Top with the remaining batter and smooth the top.

6. Bake the cake until a toothpick inserted in the center comes out clean, 50 minutes to 1 hour. Cool in the pan for 15 minutes, then turn out onto a wire rack to cool completely.

7. **To prepare glaze:** Place confectioners' sugar in a small bowl. Add 1 tablespoon espresso mixture (or coffee) and stir until smooth. Add up to 1 tablespoon more of the liquid to thin the glaze to desired consistency. Drizzle the glaze over the cooled cake. Garnish with chopped hazelnuts, if desired.

Per serving: 321 calories; 12 g fat (5 g sat, 5 g mono); 45 mg cholesterol; 51 g carbohydrate; 30 g added sugars; 5 g protein; 2 g fiber; 149 mg sodium; 105 mg potassium.

Carbohydrate Servings: 3½

Exchanges: 1 starch, 2½ carbohydrate (other), 2 fat

Note: Look for instant espresso powder near the other instant coffee in well-stocked supermarkets.



Note: White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-

wheat flour. It is available at large supermarkets and natural-foods stores and online. Store it in the freezer.

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- We examine the connections among food, its origins and its impact on communities.
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Heart Health has limited saturated fat.

Diabetes is low in calories and meets limits for Carbohydrate Servings.

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