



### **It's What's for Breakfast**

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*Recipes Courtesy Mary Connolly*

A very busy bachelor friend of mine recently suggested I feature some microwave-friendly dishes that are "quick, nutritious and, that rarest commodity, delicious breakfast recipes". I hear you. Shredded wheat? Eh. Energy bar? Bleh. But what do you do for a tasty hot breakfast on the run? I wake every morning determined to eat something satisfying and nutritious, but all too often run out of time, run out the door, down a double espresso as I walk along and grab a bialy from one of the coffee cart guys. Not good. Sometimes, though, I have a moment of clarity, plan ahead and make good breakfast meals in advance that can be reheated in the microwave.

#### Breakfast Sandwich

In the tradition of the Egg McMuffin but much more wholesome. Use this recipe as a starting point and be creative! It's a good idea to make a bunch at the same time, wrap up and freeze. Then you can just grab one out of the freezer and pop it in the microwave for approximately 3 minutes.

#### Ingredients:

- \* 1 English muffin, sliced and toasted
- \* 1 Large egg
- \* 1 Slice Canadian bacon
- \* 1 Tablespoon freshly grated Parmesan cheese
- \* 1 Tablespoon tomato salsa
- \* Salt & pepper to taste
- \* Unsalted butter, to taste

1. Toast the English muffin & set aside (butter optional).
2. Take a slice of Canadian bacon from its package and allow to come to room temperature. Place on one slice of the toasted English muffin.
3. Grease with butter a small ramekin or other microwave-safe, English muffin-sized dish, such as a Pyrex measuring cup or coffee mug.
4. Add egg, pinch of salt & pepper and slightly scramble.
5. Place in microwave, cover with a paper towel and cook on High for 1 minute.
6. Stack on top of the Canadian bacon slice of English muffin.
7. Add the cheese.

8. Add the salsa and top with the other slice of English muffin. Enjoy!

### Egg Casserole

Eggs work great in the microwave, so here's another quick morning recipe that is very satisfying.

#### Ingredients:

- \* 1 egg, beaten
- \* 1 tablespoon milk
- \* 1/8 - 1/4 cup cooked diced ham, cooked bacon or smoked turkey
- \* 1 dash Worcestershire sauce
- \* 1-2 tablespoons shredded Cheddar or Parmesan cheese
- \* 1/8 teaspoon Dijon mustard
- \* Pinch of salt
- \* Pinch of fresh cracked pepper

1. Combine all ingredients in a small microwave-safe bowl.
2. Cover tightly with plastic wrap, then poke a few small holes in the top to vent.
3. Cook on Medium High for approximately 4 minutes.
4. When timer goes off, let stand, covered, for 30 seconds to finish cooking.

Note: you can do steps 1 & 2 the night before and refrigerate. In the morning just pop it in the microwave to cook.

### Easy Apple Compote

This is another do-ahead recipe that has many uses and tastes yummy hot or cold. Serve it with crunchy granola. Top off a bowl of oatmeal with it (follow package instructions for quick microwave oatmeal). Add it to thick and creamy Greek yogurt. Or do it up Marie Fromage-style and serve it with a scoop of milky fresh ricotta cheese and toasted almonds.

#### Ingredients:

- \* 2-3 medium apples -- cored and sliced
- \* 1/4 cup raisins
- \* 1/8 cup water or apple juice
- \* 1/2 Tablespoon fresh lemon juice
- \* 1 Tablespoon sugar (omit if using apple juice)
- \* 3/4 teaspoon vanilla extract
- \* 1/4 teaspoon cinnamon
- \* 1/8 teaspoon nutmeg

1. In microwave-safe dish, combine all of the ingredients.
2. Cover the dish and cook on High for 5 minutes.
3. Remove from the microwave and allow to cool a bit before serving or chill overnight in the fridge.

## Bacon

Sometimes you just have to have some meat but you don't want the mess. Bacon cooks-up cleanly and quickly in the microwave.

1. Prepare a microwave-safe plate with about 3-4 layers of paper towel.
2. Lay the slices of bacon on the plate.
3. Cover with and additional 2-3 layers of paper towel.
4. Cook on High for approximately 2-5 minutes. The cooking time will vary depending on how many slices you are preparing and I recommend doing this in two minute intervals. After the first two minutes see if the bacon is at your preferred consistency and proceed from there.
5. When the bacon has been cooked, remove from the microwave. Peel off of the paper towels and eat!

All of these recipes are built for speed. On the weekends, take time to cook up something special for someone you love!

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