



## Five Ingredients or Less

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*Savoury or sweet? Breakfast or brunch?  
For a great way to start your day try one of these breakfast sandwiches.  
Each recipe uses five ingredients or less.*

### **HAM AND ORANGE BREAKFAST SANDWICHES**

6 English muffins, split	6 slices ham
Orange marmalade	6 processed cheese slices
1 large navel orange	

Place English muffins, cut side up, on a cookie sheet. Spread marmalade over muffin halves. Peel orange; cut crosswise into 6 thick slices. Place 1 slice ham on each of 6 muffin halves. Top ham with 1 orange slice. Place 1 cheese slice on each of remaining 6 muffin halves. Broil muffin halves for 4 - 5 minutes or until cheese is melted and oranges and ham are heated through. Sandwich muffin halves together. Serve immediately. Serves 6.

### **CHEDDAR AND BACON SANDWICHES**

4 oz (125 g) medium cheddar cheese, thinly sliced	6 slices bacon, cooked crisp and halved
8 slices raisin bread	3 tbsp (40 mL) butter, softened

Place cheese evenly on 4 slices of bread. Top each with bacon slices and remaining bread. Spread butter over both sides of sandwiches. Place sandwiches directly on grid on natural gas barbecue or in a toaster basket. Grill sandwiches over medium heat until golden brown on both sides and cheese is melted. Serve immediately. Serves 4.

### **ASPARAGUS ROLLS**

8 thick asparagus spears, trimmed	1 tbsp (15 mL) butter, melted
1 container (235 g) refrigerated crescent roll dough	1 tbsp (15 mL) freshly grated Parmesan cheese
2 tsp (10 mL) Dijon mustard	

Cook asparagus in boiling salted water for 2 minutes; drain. Cool immediately in ice water; drain. Pat asparagus dry with paper towels; set aside. Remove dough from container. Unroll dough and separate into 8 triangles. Spread triangles with mustard. Cut 1 asparagus spear in half. Place both pieces, side by side, on short side of one triangle. Roll up triangle jelly-roll fashion. Repeat with remaining asparagus spears and triangles. Place rolls on an ungreased cookie sheet. Brush rolls and exposed asparagus with melted butter and sprinkle with Parmesan cheese. Bake at 375°F (190°C) for 12 - 15 minutes or until golden brown. Serve warm or at room temperature. Makes 8.

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*For cooking ideas and great recipes, visit our website at [www.atcoblueflamekitchen.com](http://www.atcoblueflamekitchen.com).*

### **CREAMY ORANGE SPREAD**

*Serve this Creamy Orange Spread with toasted bagels, English muffins, croissants or scones.*

4 oz (125 g) light cream cheese, softened  
2 tbsp (25 mL) orange marmalade

1/4 cup (50 mL) chopped golden raisins  
2 tbsp (25 mL) chopped toasted pecans or walnuts

Beat together cream cheese and marmalade. Stir in raisins and nuts. Cover and refrigerate for 1 hour or for up to 3 days. Makes 3/4 cup (175 mL).