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Bored with Breakfast? Try these Fresh, New Ideas

We all know somebody who loves breakfast so much that they'd be happy to eat breakfast foods at every meal, just as we all know somebody who is tired of the same ol' breakfast foods. No matter which category you fall under, these fresh, new recipes will definitely get you up in the morning!

Our Cheesy Tomato Breakfast Scones are light and flaky, with pockets of savoury feta and Parmesan cheese, tart sundried tomatoes, fresh green onions, and just enough rolled oats to keep the scones virtuous. Make these ahead and store any leftovers in an airtight container in the fridge for a quick grab-and-go weekday breakfast.

Give your breakfast burritos an upgrade with our Black Bean Breakfast Wraps. We swap out jarred salsa for fresh peppers, corn, black beans and tomatoes, lightly spiced with chili powder, cumin and oregano, so you can feel full, satisfied and have the energy to tackle your day.

CHEESY TOMATO BREAKFAST SCONES

Ingredients:

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 1/4 tsp baking powder
- 1/2 tsp baking soda
- 1 cup salted butter, chilled and cubed
- 1 cup old-fashioned rolled oats
- 1 cup crumbled feta cheese
- 1/2 cup freshly grated Parmesan cheese
- 1/2 cup chopped sun-dried tomatoes
- 1/2 cup sliced green onions
- 1 cup buttermilk
- 2 tbsp whipping cream

Method:

1. Preheat oven to 350°F.
2. Place flour, whole wheat flour, baking powder and baking soda in a food processor; process to combine. Add butter and process, using an on/off motion, until mixture resembles coarse meal.
3. Transfer mixture to a bowl. Add oats, feta cheese, Parmesan cheese, tomatoes and green onions; stir to combine. Add buttermilk and stir just until combined.
4. Turn dough out onto a lightly floured surface. Knead dough gently and roll out 3/4 inch thick. Using a floured 3 inch round cookie cutter, cut dough into rounds.
5. Place rounds on a parchment paper-lined large rimmed baking sheet. Cover and freeze for 10 minutes. This helps the scones keep their shape.
6. Remove baking sheet from freezer and uncover scones. Brush tops with cream. Bake for 25 - 30 minutes or until light golden. *Makes about 12.*

BLACK BEAN BREAKFAST WRAPS

Ingredients:

- 1 tbsp canola oil
- 1 cup diced onion
- 1 cup diced red bell pepper
- 1/2 cup frozen kernel corn
- 1 can (14 oz/398 mL) black beans, rinsed and drained
- 1/2 cup water
- 1 tsp chili powder
- 1 tsp ground cumin
- 1 tsp oregano, crumbled
- 1 tsp salt
- 1/2 tsp freshly ground pepper
- 8 large eggs
- 1 tbsp canola oil
- 8 whole wheat flour tortillas (10 inch)
- 1/2 cup shredded aged white cheddar cheese
- 2 Roma tomatoes, cored and diced



1 ripe avocado, diced
1/4 cup chopped fresh cilantro

Method:

1. Heat 1 tbsp oil in a large non-stick frypan over medium heat. Add onion and red pepper; sauté until softened, about 2 minutes.
2. Add corn and cook, stirring, until heated through. Remove from heat.
3. Transfer onion mixture to a plate; set aside.
4. Add beans, water, chili powder, cumin, oregano, salt and pepper to same frypan; stir to combine. Bring to a simmer over medium heat and cook, uncovered, stirring occasionally, until water is evaporated, about 5 minutes. Remove from heat.
5. Partially mash bean mixture with a potato masher; set aside.
6. Whisk together eggs until blended.
7. To scramble eggs, heat 1 tbsp oil in a medium non-stick frypan over medium heat. Add eggs and cook, uncovered, lifting edges of eggs occasionally with a spatula, allowing uncooked eggs to run underneath, until eggs are cooked through. Remove from heat.
8. Spread about 1/4 cup bean mixture down centre of each tortilla. Top each with 1/4 cup onion mixture, 1/4 cup scrambled eggs and 1 tbsp cheese. Dividing equally, sprinkle each with tomatoes, avocado and cilantro. Roll up tortillas to enclose filling. *Makes 8.*