



Calgary Herald, March 25, 2015

## A Hearty Homemade Brunch

Calgarians love their brunch, and it's nearly impossible to avoid the lineups when you are heading out on a weekend. Why not skip the wait and enjoy a delicious meal with family and friends in the comfort of your home?

Our Smoked Salmon Baked Eggs are full of flavour, thanks to the smoky bacon and salmon, earthy sweet potato, and aromatic leek and sage. Let your dish bake in the oven as you and your guests enjoy your first cup of coffee.

Our French Toast is soaked in a mixture of eggs, whipping cream, orange juice concentrate, vanilla and nutmeg instead of simply eggs and milk, before being pan-fried in butter. For some extra indulgence, sandwich some peanut butter between two slices of toast before frying and add a sprinkling of cinnamon to finish off.

For a more savoury breakfast, try our Cauliflower and Zucchini Frittata. This versatile recipe can be replaced with any other vegetables (including leftovers!) you may have on hand.

Rise and shine!

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### SMOKED SALMON BAKED EGGS

1/2 cup diced bacon  
1 tbsp canola oil  
2 cups grated peeled sweet potato  
1/2 cup finely chopped leeks (white portion only)  
1/4 tsp salt  
1/4 tsp freshly ground pepper  
2 cups thinly sliced Swiss chard (leaves and stems) or kale  
1 tbsp slivered fresh sage  
150 g fully cooked smoked salmon, broken into chunks  
4 large eggs

1. Add bacon to a large non-stick frypan over low heat; cook, uncovered, stirring occasionally, until browned and crisp. Remove from heat.
2. Remove bacon with a slotted spoon; drain bacon on paper towels. Drain off excess fat from frypan.
3. Return frypan to low heat; return bacon to frypan. Add oil, sweet potato, leeks, salt and pepper; sauté until sweet potato is golden brown, about 15 minutes. Meanwhile, preheat oven to 350°F.
4. Add Swiss chard and sage to sweet potato mixture; stir to combine.

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5. Spread mixture in bottom of a greased shallow 2 quart baking dish. Using back of a spoon, make 4 evenly spaced shallow indentations in mixture, being careful not to go through to bottom of baking dish.
6. Press salmon into each indentation, dividing equally. Carefully crack 1 egg on top of salmon in each indentation.
7. Bake for 18 - 20 minutes or until eggs are set. Serves 4.

Nutritional analysis per serving:

286 calories, 13.5 g fat, 25.6 g protein, 15 g carbohydrate, 3.5 g fibre, 1328 mg sodium

## FRENCH TOAST

4 eggs  
1/2 cup (125 mL) whipping cream  
2 tbsp (25 mL) thawed frozen orange juice concentrate  
1 tsp (5 mL) vanilla  
Pinch nutmeg  
1 tbsp (15 mL) butter  
8 slices French or challah bread, 1 inch (2.5 cm) thick  
Maple or pancake syrup

Whisk eggs in a large shallow bowl or pie plate. Whisk in cream, orange juice concentrate, vanilla and nutmeg until blended.

Melt butter in a large nonstick frypan over medium heat. Working in batches, dip bread slices in egg mixture, turning to coat both sides. Cook bread slices, turning once, until golden brown, about 2 minutes per side. Serve with syrup. Makes 8.

## CAULIFLOWER AND ZUCCHINI FRITTATA

8 large eggs  
1/4 cup light cream (10%)  
1/2 tsp freshly ground pepper  
1/4 tsp salt  
1 cup crumbled feta cheese, divided  
1/4 cup sliced green onion  
2 tbsp chopped fresh parsley  
3 tbsp canola oil  
2 cups small cauliflower florets  
2 cups thinly sliced zucchini (1/8 inch)  
2 cloves garlic, finely chopped  
1/4 cup freshly grated Parmesan cheese



1. Whisk together eggs, cream, pepper and salt until blended. Stir in 3/4 cup feta cheese, green onion and parsley; set aside.
2. Preheat broiler.
3. Heat oil in a large deep ovenproof non-stick frypan over medium heat. Add cauliflower and zucchini; sauté until lightly browned and tender, about 5 minutes.
4. Add garlic and sauté for 1 minute.
5. Pour egg mixture over cauliflower mixture and cook, lifting edges of frittata occasionally with a spatula, allowing uncooked egg mixture to run underneath.
6. Cook until frittata is almost set in centre. Remove from heat.
7. Sprinkle remaining 1/4 cup feta cheese and Parmesan cheese over frittata.
8. Broil in centre of oven until frittata is set and lightly browned, about 5 minutes.
9. Cut into wedges and serve. Serves 6.