



EatingWell Best Brunch Recipes

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Asparagus-Goat Cheese Soufflés

Makes: 6 servings

Active time: 30 minutes **Total:** 50 minutes

Equipment: Six 10-ounce ramekins

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Serve these soufflés alongside a big salad with a tangy vinaigrette for a light supper or a special brunch to summon spring!

- 1 bunch asparagus (about 1 pound), trimmed**
- 1½ cups nonfat milk**
- 2 tablespoons butter**
- 3 tablespoons all-purpose flour**
- ½ teaspoon coarse salt, divided**
- ¼ teaspoon freshly ground pepper**
- Pinch of ground nutmeg**
- 4 large egg yolks, at room temperature (see Tips)**
- 1½ teaspoons truffle oil (optional; see Tips)**
- 8 large egg whites, at room temperature**
- 1 cup crumbled or diced aged goat cheese (see Tips) or Manchego cheese**

1. Fill a large skillet with 1 inch of hot water and bring to a boil. Add asparagus. Partially cover and cook the asparagus until tender-crisp, about 3 minutes. Drain; refresh under cold water. Blot the asparagus dry with a clean kitchen towel, then cut into ½-inch slices.

2. Position rack on lowest level of oven; preheat to 375°F. Coat six 10-ounce ramekins with nonstick cooking spray. Place ramekins on a large rimmed baking sheet.

3. Heat milk in a small saucepan over medium heat until hot. Melt butter in a medium saucepan over medium-low heat. Whisk in flour and cook, whisking often, for 2 minutes. Turn off heat and slowly whisk in hot milk. Return the heat to medium-low and continue whisking until the mixture is thickened, 3 to 4 minutes. Whisk in ¼ teaspoon salt, pepper and nutmeg. Remove from the heat and whisk in 4 egg yolks, one at a time, and truffle oil, if using. Transfer the mixture to a large bowl and stir in the asparagus and cheese.

4. Place 8 egg whites in a large bowl. Beat with an electric mixer, slowly increasing the speed, until they begin to foam. Add the remaining ¼ teaspoon salt and continue to beat until the whites hold their shape; do not overbeat. (You'll know they are ready when you lift the beaters out and the peak doesn't flop over.)

5. Using a rubber spatula, gently stir one-third of the whites into the egg yolk mixture to lighten it. Gently fold in the remaining egg whites just until blended. Divide the mixture among the prepared ramekins, filling them almost to the top. (Discard any leftover mixture or prepare another ramekin for another soufflé.)

6. Bake the soufflés on the bottom rack until puffy and golden and an instant-read thermometer inserted into the center registers 145°F, 20 to 25 minutes. Do not overcook—the centers will look soft.

Per serving: 205 calories; 13 g fat (7 g sat, 4 g mono); 167 mg cholesterol; 9 g carbohydrate; 0 g added sugars; 14 g protein; 1 g fiber; 372 mg sodium; 296 mg potassium.

Nutrition bonus: Folate (22% daily value), Vitamin A (21% dv).

Carbohydrate servings: ½

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

Tips:

To bring an egg to room temperature, either set it out on the counter for 15 minutes or submerge it (in the shell) in a bowl of lukewarm (not hot) water for 5 minutes.

Look for truffle oil in small bottles near other oils in well-stocked supermarkets or gourmet food shops.

Goat cheese, also known as chèvre (French for “goat”), is earthy-tasting and slightly tart. Aged goat cheese has a nutty, sharp flavor and is drier and firmer than fresh goat cheese. Look for it in a well-stocked cheese section at large supermarkets and specialty cheese shops. We don't recommend using fresh, creamy goat cheese as a substitute—Manchego cheese is a better choice.





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.

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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.

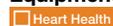
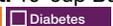
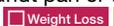
Nutrition bonus: Vitamin C (82% daily value), Folate (24% dv), Calcium (16% dv).

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? 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. (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 Tips)
- 1 tablespoon butter, melted

Cake

- 1½ cups white whole-wheat flour (see Tips)
- 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.

Tips:

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

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.





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 *Tips*)

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 *Tips*)

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.

Tips:

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.

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

Puffed Cherry Pancake

Makes: 4 servings

Active time: 20 minutes **Total:** 40 minutes

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This puffed cherry pancake is similar to an *Apfelpannkuchen*—a puffy German pancake full of apples. Dust it with confectioners' sugar or drizzle with maple syrup for a special breakfast treat.

- 1 teaspoon plus 1 tablespoon unsalted butter, divided**
- ½ cup low-fat milk**
- 3 large eggs**
- 1 teaspoon vanilla extract**
- ½ cup whole-wheat pastry flour (see Tips) or all-purpose flour**
- 1 tablespoon granulated sugar**
- ⅛ teaspoon salt**
- Pinch of ground cinnamon**
- 2 cups halved pitted sweet or sour cherries, fresh or frozen (thawed, drained; see Tips)**
- ¼ cup sliced almonds**
- Confectioners' sugar for garnish**

1. Preheat oven to 450°F. Place 1 teaspoon butter in a 10-inch cast-iron skillet or oven-proof nonstick skillet and transfer to the oven to melt the butter.

2. Melt the remaining 1 tablespoon butter in a small pan or the microwave. Transfer to a medium bowl and whisk in milk, eggs and vanilla. Add flour, granulated sugar, salt and cinnamon and whisk to combine.

3. Remove the pan from the oven, tilting it to coat the bottom with butter. Add cherries in a layer. Pour the batter over the cherries and sprinkle with almonds.

4. Bake the pancake until golden and a toothpick inserted in the center comes out clean, 15 to 20 minutes. Let cool for 5 minutes before cutting into 4 wedges. Sprinkle with confectioners' sugar, if desired.

Per serving: 252 calories; 11 g fat (4 g sat, 4 g mono); 151 mg cholesterol; 30 g carbohydrate; 3 g added sugars; 9 g protein; 4 g fiber; 140 mg sodium; 312 mg potassium.

Carbohydrate servings: 2

Exchanges: 1 starch, 1 fruit, ½ medium fat meat, 1½ fat

Tips:

Whole-wheat pastry flour is milled from soft wheat. It contains less gluten than regular whole-wheat flour and helps ensure a tender result in delicate baked goods while providing the nutritional benefits of whole grains. Find it at large supermarkets and natural-foods stores. Store in an airtight container in the freezer.

To pit fresh cherries, use a tool made for the job—a hand-held cherry pitter; it also works for olives! Or pry out the pit with the tip of a knife or vegetable peeler.





Rhubarb Fruit Salad

Makes: 8 servings, about $\frac{3}{4}$ cup each

Active time: 25 minutes **Total:** 40 minutes

To make ahead: Refrigerate for up to 4 hours.

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Rhubarb cooked with a little honey and orange liqueur makes a bright, tangy “sauce” to toss with grapes, melon, mango and strawberries.

3 cups thinly sliced fresh rhubarb

3 tablespoons honey

2 tablespoons Grand Marnier or Cointreau

$\frac{1}{2}$ cups halved red or green grapes

$\frac{1}{2}$ cups small honeydew or cantaloupe melon balls or pieces

$\frac{1}{2}$ cups diced mango or strawberries

1. Bring rhubarb, honey and Grand Marnier (or Cointreau) to a simmer in a medium saucepan over medium heat. Cook, stirring occasionally, until the rhubarb is just beginning to break down, 3 to 4 minutes. Transfer to a large bowl and refrigerate for about 15 minutes to cool.

2. Stir grapes, melon and mango (or strawberries) into the rhubarb mixture. Serve or return to the refrigerator to chill further.

Per serving: 90 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 21 g carbohydrate; 8 g added sugars; 1 g protein; 2 g fiber; 8 mg sodium; 278 mg potassium.

Nutrition bonus: Vitamin C (33% daily value).

Carbohydrate servings: $\frac{1}{2}$

Exchanges: 1 fruit, $\frac{1}{2}$ carbohydrate (other)

Salmon, Cream Cheese & Dill Soufflé

Makes: 8 servings

Active time: 30 minutes **Total:** 1-1¼ hours

To make ahead: Prepare through Step 2, cover and refrigerate for up to 1 day. Bring to room temperature before folding in egg whites. **Equipment:** Eight 10-ounce ramekins or a 2½-quart soufflé dish

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Reduced-fat cream cheese gives this soufflé recipe plenty of rich flavor while keeping the calories and saturated fat in check.

- 3 tablespoons fine dry breadcrumbs
- 1½ cups low-fat milk
- 2 tablespoons unsalted butter
- 2 tablespoons canola oil
- ¼ cup white whole-wheat flour or all-purpose flour
- 4 large egg yolks, at room temperature (see Tips)
- 4 ounces reduced-fat cream cheese (Neufchâtel), softened
- 4 ounces smoked salmon, chopped
- 2 tablespoons chopped fresh dill or 2 teaspoons dried
- ¼ teaspoon freshly ground pepper
- 8 large egg whites, at room temperature
- ⅓ teaspoon salt

1. Position rack in lower third of oven; preheat to 375°F. Coat eight 10-ounce ramekins or a 2½-quart soufflé dish (or similar-size baking dish) with cooking spray. Sprinkle with enough breadcrumbs to generously coat the inside, tilting to evenly distribute; tap out excess. Place ramekins on a baking sheet.

2. Heat milk in a small saucepan over medium heat until steaming. Melt butter and oil in a medium saucepan over medium-low heat. Whisk in flour and cook, whisking, for 2 minutes. Slowly whisk in the hot milk and cook over medium-low heat, whisking, until the mixture is the consistency of thick batter, 2 to 4 minutes. Transfer to a large bowl. Whisk in egg yolks, one at a time, until incorporated. Whisk in cream cheese until melted,

then stir in salmon, dill and pepper.

3. Clean and dry a large mixing bowl and beaters, making sure there are no traces of oil. (Any fat in your egg whites may prevent your soufflé from rising properly.) Beat egg whites in the bowl with an electric mixer on medium speed until foamy. Add salt; gradually increase speed to high and beat until shiny and stiff, but not dry. Do not overbeat: stop when the egg whites hold their shape in the bowl and on the beater but don't look overly dry or lumpy.

4. Using a rubber spatula, stir one-third of the whites into the egg-yolk mixture to lighten it. Gently fold in the remaining egg whites just until evenly distributed. It's OK if a few white streaks remain. Spoon the batter into the prepared dish(es).

5. Bake until puffed and firm to the touch, 20 to 24 minutes for 10-ounce soufflés, 38 to 42 minutes for a 2½-quart soufflé. (Resist the temptation to take a peek until the last 5 minutes of baking—an open oven door will let in too much cool air and may interrupt the rising.) Once out of the oven, even a beautifully puffed soufflé will slowly deflate, so go directly to the table to show off its beauty, then serve it at once.

Per serving: 192 calories; 13 g fat (5 g sat, 5 g mono); 116 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 11 g protein; 1 g fiber; 276 mg sodium; 186 mg potassium.

Tips:

Room-temperature egg whites will gain more volume when beaten and help your soufflé rise. To bring eggs to room temperature before separating the yolks from the whites, set the eggs out on the counter for 15 minutes or submerge (in the shell) in a bowl of lukewarm (not hot) water for 5 minutes.

For the fluffiest soufflé, the egg whites must be completely free of any traces of yolk. Separate the eggs one at a time before adding the white to the mixing bowl; if there are any specks of yolk in the white, throw away the white, clean the bowl with soap and water and start over.





Sunday Sausage Strata

Makes: 12 servings

Active time: 30 minutes **Total:** 3¼ hours
(including 2 hours standing time)

To make ahead: prepare through Step 4 the night before serving.

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The “strata” in this classic casserole are layers of bread, cheese and sausage baked in an egg-rich pudding.

- ½ pound turkey breakfast sausage (four 2-ounce links), casing removed
- 2 medium onions, chopped (2 cups)
- 1 medium red bell pepper, seeded and diced (1½ cups)
- 12 large eggs
- 4 cups 1% milk
- 1 teaspoon salt, or to taste
Freshly ground pepper to taste
- 6 cups cubed, whole-wheat country bread (about 7 slices, crusts removed)
- 1 tablespoon Dijon mustard
- 1½ cups grated Swiss cheese (4 ounces)

1. Coat a 9-by-13-inch baking dish (or similar shallow 3-quart baking dish) with cooking spray.

2. Cook sausage in a large nonstick skillet over medium heat, crumbling with a wooden spoon, until lightly browned, 3 to 4 minutes. Transfer to a plate lined with paper towels to drain. Add onions and bell pepper to the pan and cook, stirring often, until softened, 3 to 4 minutes.

3. Whisk eggs, milk, salt and pepper in a large bowl until blended.

4. Spread bread in the prepared baking dish. Scatter the sausage and the onion mixture evenly over the bread. Brush with mustard. Sprinkle with cheese. Pour in the egg mixture. Cover with plastic wrap and refrigerate for at least 2 hours or overnight.

5. Preheat oven to 350°F. Bake the strata, uncovered, until puffed, lightly browned and set in the center, 55 to 65 minutes. Let cool for about 5 minutes before serving hot.

Per serving: 255 calories; 13 g fat (5 g sat, 4 g mono); 229 mg cholesterol; 19 g carbohydrate; 17 g protein; 2 g fiber; 513 mg sodium; 380 mg potassium.

Nutrition bonus: Vitamin C (43% daily value), Calcium & Vitamin A (22% dv), Zinc (16% dv).

Carbohydrate servings: 1

Exchanges: ⅔ starch, ⅓ milk, ½ vegetable, 1 very lean protein, 1½ medium-fat protein

About EatingWell

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- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, www.EatingWell.com, EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

About EatingWell health tags

A recipe checked...

 **Heart Health** has limited saturated fat.

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

 **Weight Loss** has reduced calories (and limited saturated fat).

 **Gluten Free** does not contain wheat, rye, barley or oats.
(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)