

# Local Winter Recipes: Vol 6

Eating Local for Less in the  
Adirondacks

Cozy Breakfast Edition



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Welcome to Volume 6 of the Local Winter Recipes guide! This will be a limited series run through the 2021/2022 Winter and into Spring 2022. To make sure you don't miss the next volume and other local food news and AdkAction updates, go to <https://mailchi.mp/adkaction/local-food> to sign up!

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This guide is based on ingredients sourced locally in the Adirondacks and sold locally at the Keeseville Farmacy. For more local food resources, visit [adkaction.org/ffp](http://adkaction.org/ffp) and scroll down to the "Resources" section for a local food map!



= Vegetarian or Vegetarian alternative listed  
San Antonio Food Bank

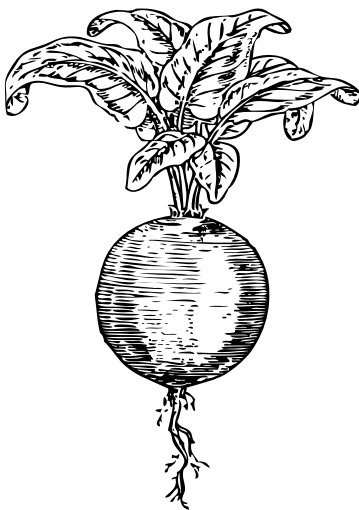


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# Breakfast Sandwiches



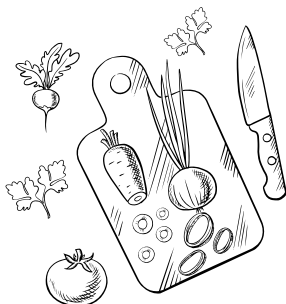
## Ingredients



- Bread of choice (English muffin, biscuit, bagel, etc.)
- 1 egg, cooked to liking
- Protein of choice (2 slices of turkey or ham, 2 pieces of bacon/veggie bacon, 1 sausage patty or 2 links cut lengthwise, etc.)
- Cheese, 1-2 slices of choice
- Pinch of spring mix greens
- Salt and pepper to liking
- Optional: ketchup, hot sauce, salsa, honey butter

This recipe can also be used as a make-ahead - just use 6-8 of everything and assemble on a sheet pan (putting it into the oven for 2-5 minutes lets the cheese get melty)! Wrap finished sandwiches in parchment paper and aluminum foil, reheat and eat all week!

## Instructions



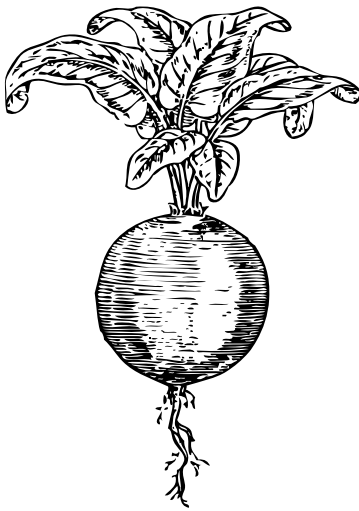
adapted from This Farm Girl Cooks' "Biscuit Breakfast Sandwiches," and "Egg McMuffin Sandwiches"

- 1.If making biscuits or croissants, bake as directed and let them cool slightly before slicing into them. Toast English muffins or bagels lightly.
- 2.Spread honey butter (mix 1 Tbsp honey with 4 Tbsp softened/melted butter) or other optional condiments onto bread.
- 3.Cook egg to liking (over-easy, scrambled) - a greased Mason jar lid can help shape your egg into a perfect circle!
- 4.If making bacon or sausage, cook until brown and crispy to ensure doneness, flipping occasionally to keep from burning.
- 5.Assemble sandwich: lay a slice of cheese on one side of the bread, then egg, protein, and greens, and top with other half of bread. Enjoy!

# Crustless Spinach & Mushroom Quiche



## Ingredients



- 10oz frozen spinach - 1lb fresh spinach
- 8oz mushrooms
- 2oz feta cheese
- 4 eggs
- 1 cup milk
- 1/4 cup shredded parmesan cheese
- 1/2 cup shredded mozzarella cheese
- 2 Tbsp minced garlic (1 clove garlic, minced)
- 1 Tbsp cooking oil (olive oil , butter, or bacon grease works well over low-medium heat; avocado oil does best for high heats)
- salt and pepper to taste

## Instructions



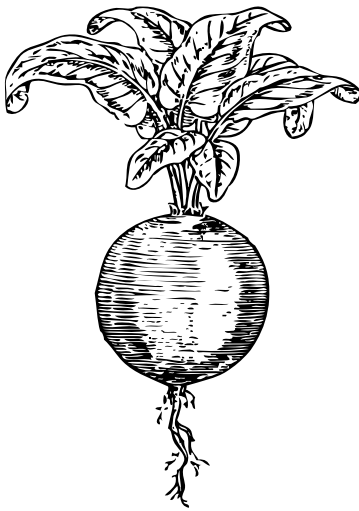
adapted from Budget Bytes'  
"Spinach and Mushroom Crustless Quiche"

1. Preheat oven to 350°F and grease a 9" pie pan or circular baking dish (take any oil or butter and spread with paper towel until all of bottom and sides are coated).
2. Rinse & slice mushrooms; squeeze as much water out of frozen spinach as possibly (roughly chop fresh spinach). Sauté mushrooms with oil, salt and pepper, and garlic over medium heat until all water has been released.
3. Layer mushrooms, spinach, and crumbled feta into the pie pan; mix eggs with milk, salt and pepper, and parmesan.
4. Pour egg mixture over mushroom/spinach mixture, and top with mozzarella.
5. Cook for about 50 minutes or until top is brown (internal temperature >160°F)

# Sweet & Savory Oatmeal



## Ingredients



- 1/2 cup rolled oats
- 1 cup water

### Autumn Nut

- 1 apple
- 1/2 tsp cinnamon
- 1 tsp butter
- 2 Tbsp dried cranberries
- 1/4 cup chopped walnuts
- 2 Tbsp maple syrup

### Berry

- 1/2 cup berries, fresh or frozen
- 1 Tbsp sugar

## Instructions



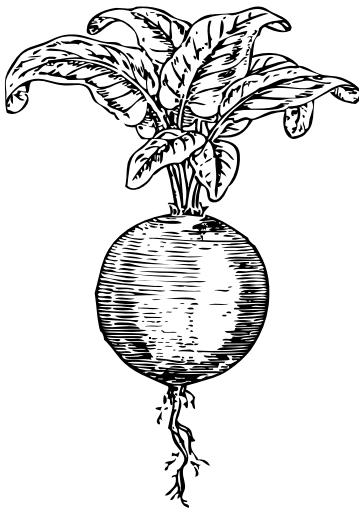
adapted from Budget Bytes'  
"Autumn Fruit & Nut Oatmeal," "Savory Oatmeal,"  
& Leanne Brown's Good and Cheap  
"Oatmeal"

1. For all: Add oats and water to pot, bring to boil, then reduce to simmer and cover. Let cook for approximately 5 minutes or until cooked to your texture liking (more water = more smooth, thin and less water = thicker oatmeal)
2. For Autumn Nut oatmeal: Prior to adding oats and water, put 3/4 chopped apple, butter, and cinnamon in pot over medium heat and sauté until apples are soft.
  - a. Add water and bring to boil; add oats, dried cranberries, and turn temperature to low and simmer for 5 minutes
3. For Berry oatmeal: Make as normal, and two minutes prior to readiness, add berries and sugar. Enjoy!

# Sweet & Savory Oatmeal (cont.)



## Ingredients



- 1/2 cup rolled oats
- 1 cup water

### Savory

- 2 Tbsp minced garlic
- 4 mushrooms
- 1 tsp butter
- 1/2 cup spinach
- 1/2 tsp grated ginger

### Baklava

- 1 tsp cinnamon
- 1 Tbsp orange zest, finely grated
- 4 Tbsp honey
- 2 Tbsp almonds or pistachios, chopped (for garnish)

## Instructions



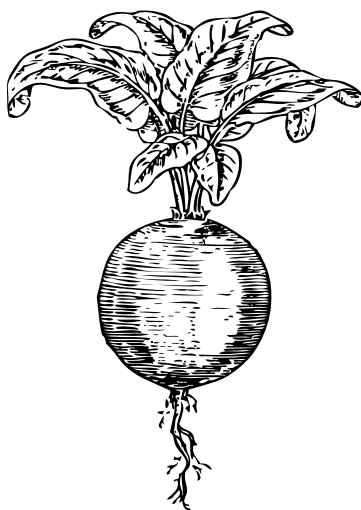
adapted from Budget Bytes'  
"Autumn Fruit & Nut Oatmeal," "Savory Oatmeal,"  
& Leanne Brown's Good and Cheap  
"Oatmeal"

1. For all: Add oats and water to pot, bring to boil, then reduce to simmer and cover. Let cook for approximately 5 minutes or until cooked to your texture liking (more water = more smooth, thin and less water = thicker oatmeal)
2. For Savory oatmeal: Add butter, garlic, ginger, and sliced mushrooms to pan and sauté until mushrooms are soft.
  - a. Add water and bring to boil. Add oats, reduce heat to simmer and cover. Make oats as directed.
3. For Baklava oatmeal: Add all ingredients to pot and cook as normal. Top with chopped nuts and additional honey. Enjoy!

# Yogurt & Smoothie Bowls



## Ingredients



- Yogurt (for yogurt bowl, 1 cup; for smoothie bowl, 1/2-3/4 cup)
- 1/2 cup milk (smoothie bowl only)
- Fruit
  - for yogurt bowls: chopped apples, bananas, citrus, berries, grapes, kiwi, and other chopped fruit
  - for smoothies: at least 1 cup of fruit, most commonly berries - kiwis, bananas, strawberries, blueberries, raspberries, blackberries
- Veggies
  - you can integrate vegetables too! Spinach and kale are great greens that can be blended into a smoothie;
- Nuts - chopped walnuts, almonds, peanut/nut butter, hazelnut spread
- Extra toppings - cacao nibs, coconut, dates (for sweetness), maple syrup, honey

## Instructions



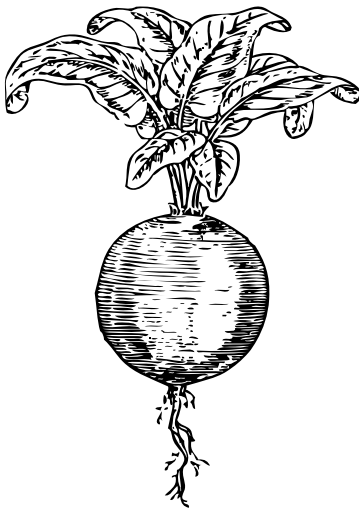
1. For smoothie bowl: blend yogurt, milk, fruit, veggie, and sweetener if using Greek/unsweetened yogurt (2 Tbsp maple syrup/honey). If using fresh fruit instead of frozen, add 2-4 ice cubes.
2. Add blended smoothie or 1 cup yogurt to bowl. Top with nuts, extra fruit, and other toppings like shredded coconut or whole dates!



# Banana Pancakes



## Ingredients



- 2 cups all-purpose flour
- 1/4 cup brown sugar
- 2 tsp baking powder
- 1 tsp baking soda
- 2 bananas, mashed
- 2 eggs
- 1½ cups milk
- 1 tsp vanilla
- 2 bananas, sliced
- butter/oil for cooking

## Instructions



adapted from Leanne Brown's  
Good and Cheap "Banana Panckes"

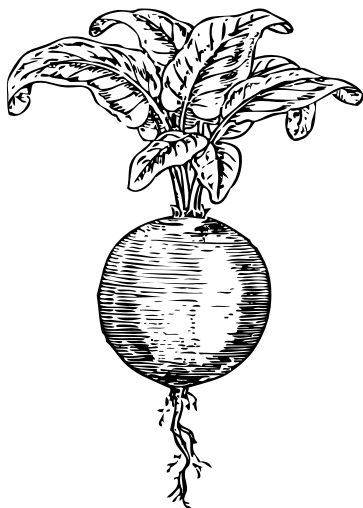
1. In medium mixing bowl, mash bananas and add eggs, milk, and vanilla and mix together.
2. Add flour, baking soda, baking powder, and brown sugar to mixture and continue to mix well - don't overmix as this makes for tough pancakes. Mix until everything is just barely combined.
3. Heat cast iron skillet or medium saucepan over medium heat and add butter/oil. Add between 1/3-1/2 cup of batter (the smaller the pancake, the easier to flip) to skillet. Wait until edges are dry and bubbly (middle will also be bubbly) to flip.
4. Place a few banana slices onto the uncooked side of batter, prior to flipping. Cook a few minutes to each side.
5. Serve with butter and maple syrup - can be frozen for 3-4 months. Enjoy!



# Whole Wheat Jalapeño Cheddar Scones



## Ingredients

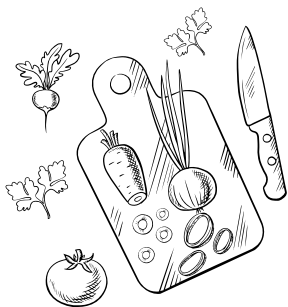


- 1/2 cup butter
- 2½ cups whole-wheat flour
- 1 Tbsp baking powder
- 1 tsp salt
- 4 oz sharp cheddar, diced
- 1 jalapeño, finely diced (remove seeds & membrane for less spice)
- 2 eggs, lightly beaten
- 1/2 cup milk

### Eggwash:

- 1 egg, beaten
- salt and pepper

## Instructions



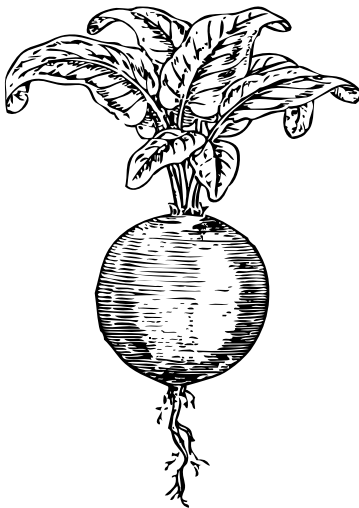
adapted from Leanne Brown's  
Good and Cheap  
"Whole Wheat Cheddar Jalapeno Scones"

1. Keep butter hard, but not frozen - if at room temperature/ lightly refrigerated, put butter in freezer for 30 minutes. Preheat oven to 400°F; line a baking sheet with parchment paper or grease lightly with butter/oil.
2. Combine flour, baking powder, and salt. Grate butter (easiest with a cheese grater). Mix with hands until together, but not smooth.
3. Add jalapeno, cheese, eggs, and milk and gently mix together using your hands - again, don't overmix as little bits of butter will create flaky scones.
4. Sprinkle the counter with flour and dump out scone mixture, spreading until it's about 1.5" thick. Cut into 6 triangles.
5. Once placed on baking sheet, beat the eggs for the egg wash, brush the wash over each scone, and sprinkle with salt and pepper. Bake for 25 minutes or until scones are golden brown. Enjoy!

# Breakfast Skillet



## Ingredients



- 15oz frozen hash browns (diced or shredded, or you can use fresh potatoes - shred potatoes raw, or microwave for 5 minutes/boil until easy to poke with a fork before dicing)
- 6 eggs (can be cooked to your liking - scrambled eggs mix into the dish well, but over-easy/over-medium eggs can be cooked at the end on top of other filling)
- ½-1lb meat (bacon, sausage, chorizo, meat substitute like a meatless soy scramble or tofu)
- 1/2 onion, chopped
- 2 Tbsp minced garlic
- Veggies (chopped spinach, diced peppers, mushrooms; chopped squash and other root vegetables are great to add to the potato hash)
- salt, pepper, Italian seasoning/parsley + chives
- ½ cup shredded cheese

## Instructions



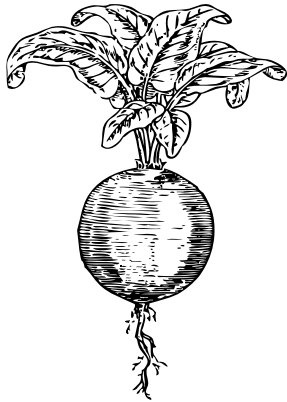
adapted from Lavender and Lovage &  
Tastes Better from Scratch

1. Preheat oven to 400°F. You can use any oven-safe skillet or baking dish, but a cast iron skillet is recommended.
2. Cook meat from cold pan (bacon - cook 8-12 minutes while flipping; ground sausage/chorizo/meat substitute 5-7 minutes (until browned)). Once cooked, chop roughly and leave in pan.
3. With skillet over medium heat and most (not all) oil from meat removed, sauté onion and other hardy veggies (mushrooms, peppers) for a few minutes until translucent, and add minced garlic for the last minute or so
4. Add hash browns directly to the pan and let them sit, no stirring/mixing, for at least 4 minutes before continuing to mix. Add any veggies preferred raw/lightly cooked.
5. Eggs - if using scrambled eggs, beat eggs in bowl with fork with a little milk and seasoning, then add directly to pan (let cook for about 5-6 minutes, you can mix this up to make it less like a casserole); if doing over-easy or medium, crack eggs directly onto mixture and don't mix.
6. Add shredded cheese on top and cook for desired time (no longer than 12-15 minutes)

# Loaded Toast



## Ingredients



- Bread of choice (try to find a local baker to support, or make your own - see Volume 2!)
- Spread - butter, jam, cream cheese, peanut butter, ricotta cheese, cashew cheese, avocado/guacamole
- Toppings - nuts, cherry tomatoes, sliced radishes/cucumber, pears, sliced almonds, whole eggs

## Instructions



adapted from author

1. For all, toast bread to desired level of crunchiness.

### Ricotta Toast

1. Put saucepan over medium heat, and add cooking oil (olive/avocado oil, butter).
2. Add about 5-8 cherry tomatoes per slice of toast to pan, stirring occasionally. Cook until tomato skin splits (3-8 minutes).
3. Spread ricotta cheese on toast, and top with tomatoes, Italian seasoning, and a little salt.

### Avocado Toast

1. Cut a ripe avocado, scoop into bowl, and mash with a fork.
2. Top toast with avocado, sliced hard-boiled egg, and Everything Bagel seasoning (onion powder, garlic powder, poppy seeds, sesame seeds, sea salt).

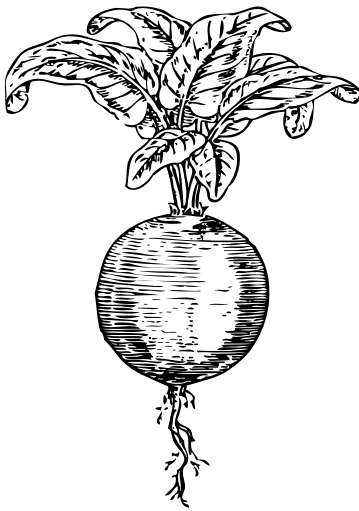
### Southwestern Toast

1. Scramble one egg (mix with a little milk to make a fluffy egg).
2. Add shredded cheddar cheese on top of toast, then egg, then salsa.

# Grain Bowls



## Ingredients



- 1/2 cup uncooked grain per serving (couscous, quinoa, rice)
- Protein (1/2 cup beans = 2 small or 1 large chorizo or sausage links = 1 cooked egg/2 hard boiled egg)
- Veggies (brussel sprouts, asparagus, peppers, onions, spinach/kale/greens, salsa, avocado, etc.)
- 1/4 cup cheese/dressing to liking

This meal also favors leftover grains, and other toppings can be prepared and refrigerated - these grain bowls can be safely prepped and stored for up to 1 week.

## Instructions



adapted from author

1. Cook grain as directed; for quinoa, rinse uncooked quinoa in cold water, then add to boiling water, reduce heat to medium-low and cook for approximate 15-20 minutes and leave covered for another 5 minutes; for couscous, bring water to boil, then reduce heat to low, cooking covered for about 5 minutes.
2. Add cooked protein and veggies - if cooking veggies real time, add them to the grain in the pot while on reduced heat (this will steam the veggies).
3. Top with cheese and any dressing preferred. Enjoy!