

SBL Cooking Demo: *Brunch Ideas for Mom*

Strawberry & Brie Bites

12 Servings

Ingredients

12 small fresh strawberries hulled

12 fresh basil leaves

3oz. Brie cheese, cut into 12 small pieces

2tsp. balsamic glaze (**TIP:** Balsamic glaze is balsamic vinegar that is cooked until it is very thick. Look for it with other vinegars in well-stocked supermarkets. Or make it yourself by boiling 1 cup balsamic vinegar in a small saucepan over medium high heat until syrupy and reduced to about ¼ cup, 10 to 14 minutes.

Preparation

Thread a strawberry, basil leaf and piece of cheese onto each of 12 toothpicks. Drizzle with balsamic glaze just before serving.

Nutrition (per serving)

Per Serving: 28 Calories; 2g Fat; 1g Saturated Fat; 1g Mono; 7mg Cholesterol; 1g Carbohydrates; 2g Protein; 0g Fiber; 45mg Sodium; 28mg Potassium



Cherry Tomato & Mozzarella Bites

12 Servings

Ingredients

12 fresh cherry tomatoes

12 fresh basil leaves

3oz. mozzarella cheese, cut into 12 small pieces

2tsp. balsamic glaze (**TIP:** Balsamic glaze is balsamic vinegar that is cooked until it is very thick. Look for it with other vinegars in well-stocked supermarkets. Or make it yourself by boiling 1 cup balsamic vinegar in a small saucepan over medium high heat until syrupy and reduced to about ¼ cup, 10 to 14 minutes.

Preparation

Thread a tomato, basil leaf and piece of mozzarella cheese onto each of 12 toothpicks. Drizzle with balsamic glaze just before serving.

Nutrition (per serving)

Per Serving: 28 Calories; 2g Fat; 1g Saturated Fat; 1g Mono; 7mg Cholesterol; 1g Carbohydrates; 2g Protein; 0g Fiber; 45mg Sodium; 28mg Potassium



Mushroom & Goat Cheese Bruschetta with Basil Pesto

Basil Pesto

Yields: 2 cups

Ingredients

2 cups loosely packed fresh basil leaves
1 cup grated Parmesan cheese
2/3 cup olive oil
¼ cup pine nuts
2 garlic cloves
3tbsp. cold water
1tbsp. lemon juice
1/2tsp. salt

Preparation

Process all ingredients in a food processor until smooth, stopping to scrape down sides as needed.



Nutrition (per serving)

158 Calories; 6g Fat; 2g Saturated fat; 6g Protein; 20g Carbohydrate; 1g Fiber; 5mg Cholesterol; 352mg Sodium

Bruschetta

16 Servings

Ingredients

¼ cup olive oil
1 small shallot, minced
1 clove garlic, minced
10oz. fresh mushrooms, trimmed, chopped
Salt & Pepper
2tbsp. fresh parsley, chopped
2tbsp. lemon juice
16 slices French or Italian bread, cut ½ inch thick

6oz. goat cheese crumbles
2tsp. balsamic glaze (**TIP:** Balsamic glaze is balsamic vinegar that is cooked until it is very thick. Look for it with other vinegars in well-stocked supermarkets. Or make it yourself by boiling 1 cup balsamic vinegar in a small saucepan over medium high heat until syrupy and reduced to about ¼ cup, 10 to 14 minutes.)

Preparation

1. Preheat oven to 375°F. Warm 2tbsp. oil in skillet over medium heat. Sauté shallot until softened, about 3 minutes. Add garlic; sauté 30 seconds. Add mushrooms, season with salt and pepper and increase heat to high. Cook, stirring occasionally, until mushrooms are tender and most of liquid had evaporated, about 7 minutes. Remove from heat; stir in parsley and lemon juice. Season with additional salt and pepper, if desired.
2. Brush bread on both sides with remaining 2tbsp. oil; place in a single layer on baking sheet. Bake until golden and crisp, 6 to 8 minutes, turning once. Spread goat cheese on bread slices and top each with a heaping tablespoon of mushroom mixture.
3. Add balsamic glaze drizzle for a finishing touch!

Green Salad with Tropical Fruit

8 Servings

Ingredients

Lime-Mint Vinaigrette

1/4 cup extra-virgin olive oil
2 tablespoons lime juice
2 tablespoons chopped fresh mint, plus more for garnish
1/4 teaspoon salt
Ground pepper to taste

Salad

2 large grapefruit
1 pineapple, peeled, cored, 1-inch pieces
1 14-ounce can hearts of palm, drained & sliced
2 firm ripe bananas, sliced
1 large head Boston lettuce, torn
1/4 cup unsweetened toasted coconut (**TIP:** Look for thin flakes of dried unsweetened coconut called coconut chips in the produce section or near other coconut in large supermarkets and natural-foods stores. To toast, place coconut chips or flakes in a small dry skillet over medium-low heat and cook, stirring constantly, until light brown in spots, 4 to 8 minutes).



Preparation

1. To prepare vinaigrette: Whisk oil, lime juice, 2 tablespoons mint, salt and pepper in a small bowl.
2. To prepare salad: Slice both ends off the grapefruit. With a sharp knife, remove the peel and white pith; discard. Working over a medium bowl, cut the segments from their surrounding membranes. Add pineapple, hearts of palm, bananas and 3 tablespoons of the vinaigrette; gently toss to combine.
3. Arrange lettuce on a large serving plate or in a shallow serving bowl. Drizzle with the remaining vinaigrette.
4. Arrange the fruit salad over the lettuce and sprinkle with coconut. Garnish with mint, if desired.

Nutrition (per serving)

158 Calories; 9g Fat; 2g Saturated Fat; 5g Mono; 0mg Cholesterol; 21g Carbohydrates; 2g Protein; 3g Fiber; 192mg Sodium; 366mg Potassium

Creamy Asparagus-Potato Soup

4 Servings



Ingredients

1 tablespoon extra-virgin olive oil plus 1 1/2 tablespoons, divided
1 medium shallot, chopped
3 cups low-sodium vegetable broth or chicken broth
1 pound asparagus, trimmed and cut into 1-inch pieces
14oz. canned potatoes
2 teaspoons prepared horseradish, or to taste
1/4 teaspoon salt
Optional: 1 cup whole-wheat country bread cubes (1/4 inch) &
Sliced scallion greens for garnish

Preparation

1. Heat 1 tablespoon oil in a large saucepan over medium heat. Add shallot and cook, stirring, until softened, 2 to 3 minutes. Add broth, asparagus, potato, horseradish and salt; bring to a boil. Reduce heat and simmer until the vegetables are tender, about 15 minutes. Puree with an immersion blender or in a regular blender. (Use caution when pureeing hot liquids.)
2. *(Optional)* Meanwhile, heat the remaining 1 1/2 tablespoons oil in a large skillet over medium-high heat. Reduce heat to medium, add bread cubes and cook, stirring, until browned and crispy, 3 to 5 minutes.
3. Serve the soup topped with the croutons and scallions, if desired.

Nutrition (per serving)

190 Calories; 10g Fat; 1g Saturated Fat; 7g Mono; 0mg Cholesterol; 5g Protein; 5g Fiber; 338mg Sodium; 428mg Potassium

Pineapple & Ham Bread Soufflé

6 Servings

Ingredients

1 pound soft whole-wheat sandwich bread, crusts removed
6 large eggs, separated
3 8-ounce cans crushed pineapple, very well drained
1 1/2 cups finely diced ham steak
3 tablespoons butter, melted
2 tablespoons sugar
1/4 teaspoon salt

Preparation

1. Preheat oven to 375°F. Coat a 2 1/2-quart soufflé or casserole dish with cooking spray.
2. Process bread in a food processor in three batches, until coarse crumbs form (about 5 cups).
3. Whisk 2 egg yolks (discard the remaining yolks or reserve for another use), milk, pineapple and ham in a large bowl. Stir in the breadcrumbs and butter.
4. Beat 6 egg whites, sugar and salt in a medium bowl with an electric mixer on medium-high speed until soft peaks form. Gently fold the whites into the bread mixture in two batches. Transfer to the prepared dish.
5. Bake the soufflé until puffed, golden and an instant-read thermometer inserted into the center registers at least 160°F, 50 minutes to 1 hour.

Nutrition (per serving)

475 Calories; 16g Fat; 7g Saturated Fat; 5g Mono; 117mg Cholesterol; 59g Carbohydrates; 24g Protein; 6g Fiber; 493mg Sodium; 320mg Potassium



Chocolate Zucchini Brownies

16 Servings

Ingredients

8tbsp. (1 stick) unsalted butter
4oz. unsweetened chocolate, chopped
1 cup granulated sugar
1/4tsp. salt
1 cup shredded zucchini, peeled & shredded
2tsp. vanilla extract
2 large eggs
1 cup white whole-wheat flour
3/4 cup chopped semisweet chocolate or chocolate chips
2/3 cup toasted pecans, coarsely chopped, divided (optional)



Preparation

1. Preheat oven to 350°F. Line an 8-inch-square baking pan with foil, letting it overhang on the sides; coat with cooking spray.
2. Melt butter in a large saucepan over medium-low heat. Remove from heat, add unsweetened chocolate and stir until melted. Add sugar and salt; stir until well combined. Stir in zucchini and vanilla. Add eggs, one at a time, vigorously mixing after each addition. Fold in the flour until almost incorporated. Fold in chopped chocolate (or chips) and 1/2 cup pecans (if using) until just combined. Transfer the batter to the prepared pan, spreading evenly. Sprinkle with the remaining pecans (if using).
3. Bake until the sides look dry and the middle is firm to the touch, about 30 minutes. Let cool completely, then lift out of the pan using the foil. Cut into 16 squares.

Nutrition (Per Serving)

220 Calories; 12g Fat; 8g Saturated Fat; 4g Mono; 39mg Cholesterol; 25g Carbohydrates; 3g Protein; 2g Fiber; 49mg Sodium; 128mg Potassium

Spinach Muffins

12 Servings

Ingredients

- 1 cup all-purpose flour
- 1 cup whole-wheat flour (or 2 cups whole- wheat flour)
- ¾ cup sugar
- 2tsp. baking powder
- 1/2tsp. baking soda
- 1 ½ tsp ground cinnamon
- ½ tsp. salt
- ¼ cup canola oil (substitute applesauce)
- ¾ cup milk
- 1 (6oz.) bag baby spinach
- ½ cup mashed banana (1 to 2 bananas)
- 2tsp. pure vanilla



Preparation

1. Preheat oven to 350°F and line two 12-cup muffin pans with paper liners.
2. Whisk together dry ingredients in a large bowl: flour, sugar, baking powder, baking soda, cinnamon, and salt. Set aside.
3. In a blender, place oil, milk, and spinach. Blend on high for about 30 seconds or until completely puréed. Add banana and vanilla; blend on low just to mix.
4. Pour puréed mixture into dry mixture and fold together with a rubber spatula until completely combined.
5. Fill muffin cups about 2/3 full and bake 18 to 20 minutes or until a toothpick inserted into the center comes out clean.

Nutrition

115 Calories; 6g Fat; 3g Saturated Fat; 15g Carbohydrates; 0.2g Sugar; 280mg Sodium; 4g Fiber; 3g Protein; 31mg Cholesterol