

# Breakfast Hand Pies

## INGREDIENTS

- 1 sheet of puff pastry, thawed
- 5 eggs, divided
- 2 tablespoons milk
- salt and pepper to taste
- 1 teaspoon water
- 1 1/2 tablespoon butter or oil, divided
- 1/2 small onion, minced
- 1/2 bell pepper, minced
- 1 cup spinach, finely chopped
- 4 ounces of cheese, shredded or minced
- 3 tablespoons everything bagel seasoning

## DIRECTIONS

1. Prepare a baking sheet with parchment paper and preheat oven to 400-degrees.
2. In a small bowl, beat 4 eggs with milk and salt and pepper to taste until thoroughly combined. Set aside.
3. In a second small bowl, beat 1 egg and 1 teaspoon water and set aside.
4. In a medium skillet, heat butter over medium heat. Add minced onion and pepper; cook for 5 minutes until softened.
5. If the pan is dry, add an additional 1/2 tablespoon of butter. When the butter melts, slowly add the beaten eggs to the pan. Stir occasionally to scramble the eggs, scrape to lift mixture from the pan to avoid browning the eggs.
6. Place filling in a medium bowl. Gently fold in the chopped spinach and cheese; allow to cool as you prepare the puff pastry.
7. Place the puff pastry on a lightly floured surface. Gently roll the pastry to ensure an even surface and remove fold marks.
8. Cut the pastry into 4" squares, about 8-12 squares, depending on the pastry size. Transfer squares to prepared baking sheet, leave space to allow them to rise when baking.
9. Distribute the filling to each pastry square, making sure to not overfill. You want to be able to pull the corners up over the filling.
10. Gently pull the four corners together and pinch closed. Lightly press on the pastry to flatten slightly and help the filling distribute to the corners.
11. Brush each pastry with the egg yolk and water mixture and sprinkle with the everything bagel seasoning.
12. Bake for 18-20 minutes, until golden brown. Allow to cool for at least 5 minutes before serving.



# Quick Fruit Parfait

## INGREDIENTS

- 6 cups frozen fruit, thawed
- 3 tablespoons honey or sugar
- 3 cups yogurt
- 1 1/2 cups granola

## DIRECTIONS

1. In a medium bowl, stir thawed fruit with honey or sugar. If using sugar, let sit for 5 minutes and stir again, mixing with the thawed juices.
2. In four tall glasses or bowl, add the following layers:
  - 3/4 cup fruit mixture
  - 1/2 cup yogurt
  - 2 tablespoons granola
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  - 1/2 cup yogurt
  - 2 tablespoons granola

