Low Fat Whole Grain Waffles

Easy, healthy whole wheat oatmeal waffles
Yield:

4-6 servings
Ingredients:

2 cups whole wheat flour
1 cup quick oats
4 teaspoons baking powder
2 1/2 cups milk
2 tablespoons oil
2 eggs
Syrup, jam, butter, fresh fruit, or whipped cream, for serving
Instructions:

1. In a medium mixing bowl, whisk together the flour, oats, and baking powder.

2. In a separate bowl, whisk milk, oil, and eggs. Add to flour mixture and whisk briskly to combine. Let batter set for 5-10 minutes to
thicken slightly.

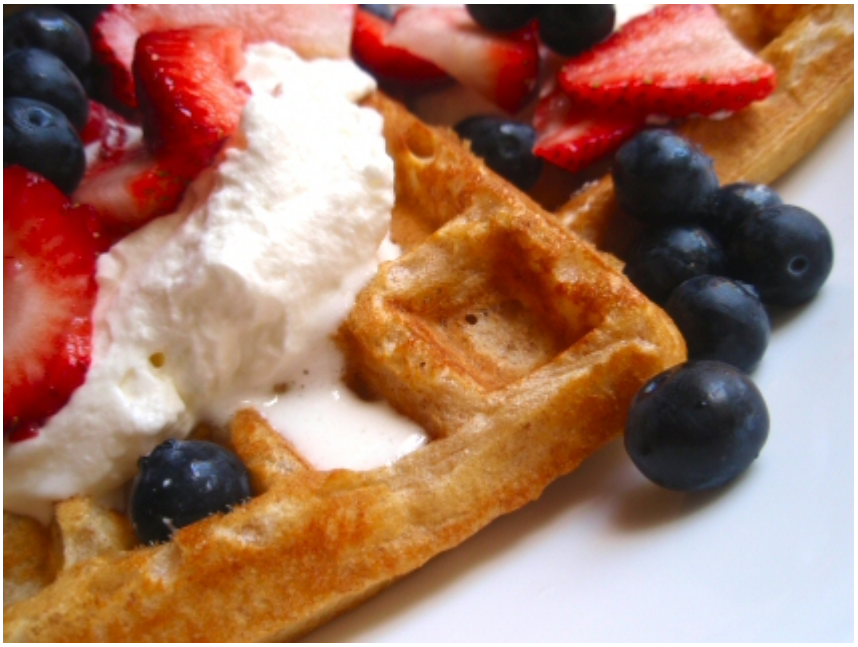
3. Pre-heat waffle maker. Spray hot grids lightly with oil. Spoon waffle batter over grid and close lid.

4. Cook until done (mine took about 4 minutes for Belgian-style waffles). I like to set a timer so I don’t have to keep checking, or risk forgetting to take the waffles out on time! Open waffle maker lid carefully by jiggling to loosen the waffles as you open the lid. Remove cooked waffles with fork.

If necessary, spray grid lightly with oil before cooking more batter.

Serve hot fresh waffles with syrup, butter, jam, whipped cream, or fresh fruit. We love ours with real whipped cream

and fresh strawberries!



Low Fat Whole Grain Waffles

Pumpkin Spice Waffles

Tender spicy pumpkin waffles, perfect with hot maple syrup
Yield:

4 servings
Ingredients:

1 cup pumpkin puree
1 1/4 cups buttermilk*
1 egg
1/4 cup (4 tablespoons) melted butter
1 3/4 cups flour
1 tablespoon baking powder
1/4 teaspoon salt
1/4 cup sugar
1 teaspoon ground cinnamon
1/8 teaspoon ground ginger

1/8 teaspoon ground cloves
1/8 teaspoon ground nutmeg

Maple syrup, brown sugar syrup, whipped cream, or powdered sugar, for serving Instructions:

1. In a medium mixing bowl, combine the pumpkin puree, buttermilk, egg, and melted butter. Stir to combine.

2. In a large mixing bowl, whisk together the remaining (dry) ingredients. Add wet ingredients to dry and stir just until moistened.

3. Preheat waffle iron. Spray hot waffle iron with oil or non-stick cooking spray, spoon batter onto iron, and cook until done. One my Belgian waffle maker, these waffles take about 5 minutes to cook fully. The outsides will be browned. I like to set a timer so I don’t have to keep guessing and checking to see if they’re done yet!

Serve waffles hot with maple syrup, brown sugar syrup, and/or whipped cream and powdered sugar.



Pumpkin Spice Waffles

This recipe is from Tammy’s Recipes.

Easy Steak and Veggie Omelette

An
easy moist omelette filled with steak, multi-colored bell peppers,
tomatoes, green onions and black olives; heated and topped with cheddar
cheese
Yield:

1 large omelette
Ingredients:

3 eggs
A dash of salt
1/4 cup thinly-sliced leftover steak
1/4 cup chopped (mixed) colored bell peppers
2 tablespoons diced onions
1/4 cup cooked hashbrowns (shredded), optional
1/4 cup shredded cheddar cheese
2 tablespoons diced tomatoes
2 tablespoons sliced black olives
2 tablespoons sliced green onions
Finely shredded cheese, for garnish
Instructions:

1.
Saute steak, diced onions (not green onions) and peppers together,
until onions are translucent and steak is warmed. Set aside.*

2. Grease a large skillet or griddle and preheat on medium. Scramble

eggs with a dash of salt and pour over pre-heated griddle. Spread eggs
to cover entire surface.

3. Turn stove to medium-low and cook until eggs are firm enough to
flip without tearing. (Use a spatula to spread the wet eggs to the edge
of the omelette as it cooks, if some areas are too thick.)

4. Flip eggs over and turn stove to low. Layer the steak mixture, hash browns (if using), cheese, tomatoes, olives, and some of the green onions over eggs. Fold or roll.** Allow to heat through. (Cover if needed, to get it extra hot!) Remove from heat and sprinkle with remaining green onions and a little cheese for garnish. Serve hot!



Easy Steak and Veggie Omelette

This recipe is from Tammy’s Recipes.

Jalapeno Cheddar Tortillas

Cheesy flour tortillas with a flavorful hot pepper bite!
Yield:

Eight 10-inch tortillas
Ingredients:

2-3 tablespoons sliced canned jalapeno peppers
1/2 cup water
2 tablespoons oil
4 ounces finely shredded extra sharp cheddar cheese
1/2 teaspoon salt
2 cups flour
Instructions:

1. Whirl jalapenos and water in a blender until peppers are minced.

2. In a mixing bowl, combine peppers, water, oil, cheese, and salt.
Stir to mix. Add 1 1/2 cups of the flour and stir with a spoon until a
thick batter forms. Add the rest of the flour and stir to form a soft
dough.

3. Add additional flour if needed, to allow you to knead dough with your hands. Knead for about 5 minutes, until smooth.

4. Separate dough into 8 equal portions, and form each into a ball. Let rest 5-10 minutes, covered.

5. Heat a griddle or large frying pan over meduim heat. Roll each
ball of dough into a thin circle (approximately 10 inches in diameter).

6. Fry tortillas on ungreased griddle for 1-2 minutes on each

side,
until brown spots appear and tortilla is very hot (but not hard or
crispy!).

7. As you are cooking the tortillas, place the finished ones on a plate and cover with a towel. Don’t over-cook, or the tortillas will be crunchy! When tortillas are cool, they can be stored in a ziplock bag. Or, better yet – enjoy them while still hot!:)



Jalapeno Cheddar Tortillas

This recipe is from Tammy’s Recipes.

Lemon Poppy Seed Muffins

A soft and spongy lemon poppy seed muffins with the perfect balance of sweet and tart!
Yield:

12 muffins
Ingredients:

2 cups flour
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1 1/2 tablespoons poppy seeds
1 egg
1/2 cup + 2 tablespoons sugar
2 tablespoons lemon zest (the zest from ~two large lemons)
1/4 cup melted butter
1 1/4 cups kefir (or buttermilk)
Instructions:

1. In a large mixing bowl, whisk together the dry ingredients.

2. In a smaller bowl, combine egg, sugar, andlemon zest, stirring well. Add butter and kefir (or buttermilk) and stir.

3. Add the wet mixture to the dry ingredients, and stir just until moistened. Do not over mix. The batter will be fairly thick.

4. Preheat oven to 350ÂºF. Divide batter evenly into 12 paper-lined
or greased muffin cups. Bake muffins on rack in the middle of the oven
for 20-25 minutes, until muffins test done. (Ours are usually done in
17-19 minutes; over-cooking seems to make them unnecessarily dry.)

5. Allow muffins to cool in pan for about 5 minutes, then remove to a wire rack to finish cooling.



Lemon Poppy Seed Muffins

Rye Bread

A flavorful rye bread for sandwiches or serving alongside soup!
Yield:

1 loaf
Ingredients:

1 1/4 cups warm water
1 tablespoon oil
1 tablespoon honey
1 1/4 teaspoons salt
2 tablespoons brown sugar
1/8 teaspoon ground ginger
pinch of citric acid or 2 tablespoons orange juice, optional
2 tablespoons caraway seeds
2 teaspoons granulated lecithin*, optional
1.5 to 2.5 cups rye flour**
1/2 to 1.5 cups wheat flour (bread flour or all-purpose

flour)** (about 3 cups total of wheat + rye flour)
2-6 tablespoons vital wheat gluten/gluten flour**, optional
1 tablespoon instant active dry yeast
Instructions:

1.
If using a bread machine, add ingredients in order listed and begin the
dough cycle. When dough cycle is complete, go to step 2.

If mixing dough by hand, combine first 9 ingredients in a large mixing bowl and stir.

Decide on the flour ratio you wish to use and add the rye flour, gluten flour, yeast, and part of the wheat flour.

Stir until mixture is thick; start kneading and add enough of the
remaining all-purpose flour to make a smooth dough. Knead for 10-15
minutes, until dough is elastic.

Cover and let rise in a warm place until doubled in size (about an
hour). I usually turn the oven on warm for a minute or two, turn it off,
and set the dough in there to rise.

2.Grease a baking pan: you can use a regular loaf pan, a round pan
(8-9″ diameter), or a baking sheet. Gently deflate dough. Form dough to
fit your pan: make a loaf for a loaf pan, a round “patty” for a round
cake pan, or a longer “log” for a baking sheet.

3. Gently grease the top of the loaf of dough, cover, and let rise in
a warm place until almost doubled in size, about 30-45

minutes.

4. Pre-heat oven to 375 degrees. Bake loaf for 30 minutes. (Slightly longer for a round loaf; slightly less for a longer thinner loaf.) If loaf is browning too quickly, cover loosely with foil after about 20-25 minutes of baking.

5. Remove hot loaf from pan and cover with a clean towel until cool. Slice and enjoy!

Bread can be frozen in a Ziplock bag and thawed later (thaw on counter in unopened bag).




Here is a plate with my regular 100% whole wheat bread (left) made with hard white wheat flour, and slices of this rye recipe (right) made with 2.5 cups rye flour and 1/2 cup whole wheat bread flour per loaf. Additional Notes:

*Optional, but does make a better texture and softness.

**If you want a stronger rye flavor, use 2.5 cups of rye flour and 1/2 cup wheat flour. Be sure to add the 6 tablespoons of gluten flour if you use that much rye flour, though! You should end up using about 3 cups total flour (wheat + rye).

For a lighter rye bread, use 1.5 cups of rye flour and 1.5 cups of all-purpose or bread flour. Adding 2 tablespoons of gluten will make the dough more elastic and more like a sandwich bread.



Rye Bread

This recipe is from Tammy’s Recipes.

Flatbread

A soft, flavorful flat bread, cooked on the stove top or grill
Yield:

8 six-inch flatbreads
Ingredients:

2 1/4 teaspoons (1 package) dry yeast
1 cup warm water
1 tablespoon olive oil
2 teaspoons sugar
1/4 cup plain yogurt
1 1/2 teaspoons salt
1/2 cup whole wheat flour, sieved before measuring to remove coarse flakes of bran
2 cups bread flour, plus additional as needed
Instructions:

1.
Sprinkle yeast over warm water in a medium mixing bowl.Â Add oil,
sugar, and yogurt and mix with a wooden spoon until well combined. Add
salt, sieved whole wheat flour, and bread flour, and mix until

flour is
incorporated. Turn dough out of mixing bowl onto a very lightly floured
surface and knead until smooth and elastic, 12 to 15 minutes, adding
just enough flour until dough is not sticky but very soft. Allow dough
to rise in warm place until doubled, 30 to 45 minutes.

2. On a lightly floured work surface, cut dough into eight equal
portions. Shape each portion into a ball and let rest for 10 minutes.
Roll each ball into a 4-inch circle and let rest for 10 minutes before
rolling into a 6-inch circle.

3. Five to ten minutes before cooking flatbreads, heat a large, heavy
skillet (preferably cast iron) over medium-high heat until hot.Â
Working one at a time, lift dough circles and gently stretch about one
inch larger and place in skillet. Cook until small bubbles appear on
surface of dough, about 30 seconds. Flip bread and cook until bottom is
speckled and deep golden brown in spots, about 2 minutes. Flip bread
again; cook until bottom is speckled and deep golden brown in spots, 1
to 2 minutes longer.

4. Wrap breads to a clean kitchen towel and serve warm. Or wrap
tightly in foil and store at room temperature up to 2 days; reheat in
300-degree oven until warm, about 15 minutes.

Additional Notes:

This recipe was submitted to me from a reader, Audrey W. The recipe text is completely hers; the photos are property of TammysRecipes.com.

Audrey's notes:

This recipe is originally from Cook's Illustrated–one of my favorite cooking magazines. They go for the best-of-the-best, so their recipes can tend to be a bit more involved and time-consuming. I love reading about their testing, though, and what worked and what didn't and why.
And their recipes are really good.

Variation: Baked Puffed Flatbread

Follow steps 1 and 2 of Flatbread recipe to make and shape dough.
About 30 minutes prior to cooking, heat a pizza stone on the lowest oven rack to 500 degrees. Bake dough rounds on preheated stone until bread is puffed and golden brown on bottom, 5 to 6 minutes. Transfer breads to clean kitchen towel and serve warm or at room temperature.

More recipe notes from Audrey:

Make sure you let the pieces of dough rest after forming them into balls and again after rolling them into 4-inch circles; otherwise, they

will shrink back and not hold their shape. Only one flatbread will fit
in a skillet, so speed up the cooking process by using two skillets.

Alternatively, you can give the breads an appealing smoky essence by
brushing them lightly with oil and cooking them on the grill, over
medium fire, following the same cooking times and techniques.

This is a pretty soft dough, so don’t be tempted to add too much
flour. I have grilled them, as I mentioned above. I like the “outdoors”
feeling of that, (my bread could cook right along with my meat!) and it
kept my kitchen from heating up in the summer. In the baked variation,
they are supposed to puff up and have a pocket like a pita, but I have
never tried this.

Making the dough in a food processor:

In the workbowl of a food processor fitted with the stainless steel
blade, sprinkle yeast over warm water. Add oil, sugar, and yogurt and
pulse to mix, about four 1-second bursts. Add salt, sieved whole wheat
flour, and brea flour; process until smooth, about 15 seconds, scraping
down sides of bowl as necessary. Process dough (adding more flour as
necessary until dough just pulls completely away from sides of bowl)
until soft and satiny, about 30 seconds. Allow dough to rise

in a warm
place until doubled, 30 to 45 minutes.

Note from Tammy: I made this dough in my bread machine on the dough cycle. You can refer to your machine's instruction manual; for mine, I just added all ingredients starting with the wet ingredients, then the dry ingredients, and ending with the yeast on top.



Flatbread

This recipe is from Tammy's Recipes.

Homemade Unleavened Bread (Homemade Matzah)

A delicious lightly sweet, slightly salty homemade unleavened bread *(see additional notes for instructions on making homemade matza pizza!)*
Yield:

6 cookie sheets full
Ingredients:

1/4 cup oil
1/4 cup honey
2 teaspoons salt
3 eggs
1 1/2 cups water

6 to 6 1/2 cups bread flour or all-purpose flour
Instructions:

1.
In a large mixing bowl*, combine the oil, honey, salt, eggs, and water.
Stir until well-mixed. Stir in about 4 cups of the flour, then add more
flour as needed and knead into a fairly stiff dough.

2. Divide dough into 3 pieces. On a lightly floured surface, roll
each piece into a large rectangle. You can make your matza as thin or as
thick as you wish; we like ours rolled fairly thin (not thicker than
pie crust, for example).

3. Cut rolled dough into squares. (I use a pizza cutter for this.)
Place squares onto lightly greased baking sheets. Prick with a fork.
Sprinkle with salt if desired.

4. Bake in a preheated 375-degree oven. For thin matza, bake 10-11
minutes. For medium matza, 13-14 minutes. For thick matza, bake 15-20
minutes or until done. Matza should be very lightly browned on top.
Over-baked matzah will be hard and not very good, so be careful to not
bake too long!

5. Removed baked matzah from baking sheet and place on wire rack to
cool, covered with a clean towel. Store in an airtight container or bag.

Matzah is delicious fresh and hot! Matzah can also be frozen for later. Wrap/seal tightly before freezing.

Additional Notes:

*
If you have a bread machine, you can use the dough cycle for this step.
Just place ingredients in machine in order listed and allow it to knead
until a smooth dough has formed. Remove dough from machine (before
“rising time” has started) and proceed with step 2.

A Kitchen Aid mixer with a dough hook can also be used for step 1 in this recipe.



Homemade Unleavened Bread (Homemade Matzah)

Making unleavened pizza:

This matza makes a delicious unleavened pizza crust! To use this recipe for pizza, prepare dough as instructed above.

Roll out into very thin circles and pre-bake on a lightly-greased baking sheet for about 7-8 minutes at 375 degrees.

Remove from oven, add desired toppings, and bake for an additional 10
minutes. If toppings aren’t browned enough after 10 minutes, place
pizza on top rack of oven and turn setting to BROIL. Broil for a minute
or two, until top is browned.

Enjoy!

Herbed Passover Rolls

A light unleavened dinner roll for Passover, with the fragrant aromas of thyme, rosemary, parsley, and chives!
Yield:

12 rolls
Ingredients:

1 1/4 cups water
1/3 cup oil
1 tablespoon sugar
1 teaspoon kosher salt
2 cups matzo meal
4 large eggs
1 tablespoon finely chopped fresh parsley
1 tablespoon chopped fresh chives
2 teaspoons finely chopped fresh thyme
1 teaspoon finely chopped fresh rosemary*
Instructions:

1.
Combine first four ingredients in a medim-size saucepan and bring to a

boil over medium-high heat. Reduce heat to low and stir in matzo meal,
stirring well until mixture pulls away from sides of the pan (about 30
seconds).

2. Remove from heat and place dough in a large mixing bowl (use a
stand mixer if available). Cool slightly and then add eggs and herbs,
beating on LOW until well-combined and a stiff dough forms.

3. With moistened fingers, shape about 1/4 cup of dough into balls and place on a greased 11×15-inch baking sheet.

4. Bake rolls in preheated 375-degree oven for 55 minutes or until
done. Be sure to fully cook the rolls, as the outside will be crunchy
before the middle is completely done.

Cool on wire rack.



Herbed Passover Rolls

This recipe is from Tammy’s Recipes.

Whole Wheat Buttermilk Sandwich Buns

Soft and delicious homemade whole wheat flour tortillas, perfect for fajitas or soft tacos! Yield:

Fluffy homemade whole wheat buns with sesame seeds on top (can be made with white flour also)
Yield:

12 buns
Ingredients:

1/2 cup warm water
1 cup buttermilk, warmed*
2 teaspoons salt
1 egg
1 tablespoon oil or butter
1 tablespoon honey
1/4 cup dough conditioner**, optional
3 3/4 to 4 1/4 cups whole wheat bread flour
1 tablespoon dry yeast

Egg wash ingredients:

1 egg white
1 teaspoon water
Sesame seeds, for sprinkling
Instructions:

1. Combine water, buttermilk, honey, salt, egg, and oil in large mixing bowl. Stir to mix.

2. Add the dough conditioner, 3 cups of the flour and the tablespoon

of yeast to bowl and mix. Continue mixing and add more flour as needed, until a thick dough starts to form. Knead with clean hands, adding more flour as needed until dough is smooth (should take about 4 1/4 cups of whole wheat flour).

3. Place dough in a large bowl with a little oil in the bottom; turn dough to grease all sides. Cover the dough with a clean towel and let rest for 20 minutes, OR, let rise in a warm place until doubled and then gently deflate.

***See additional notes for making this even easier using a stand mixer or bread machine!

4. Grease a 10×15-inch baking sheet. On a lightly-floured surface, divide dough into 12 equal pieces. Form each piece into a flat 3-inch circle/disc. Place evenly on baking sheet. Lightly grease tops. Cover and allow to rise in a warm place until nearly doubled.

5. Perheat oven to 400 degrees. Lightly beat the egg white with 1 teaspoon of water. Gently brush tops of buns with the beaten egg white mixture and sprinkle with sesame seeds if desired.

6. Bake for 15-20 minutes, until done. Check after 12-14 minutes; if tops are getting too browned, lay a sheet of foil lightly on top to prevent excess browning.

7. Remove buns from baking sheet and allow to cool on a wire rack, covered with a clean cloth. You can slice the buns after they’ve cooled slightly, or, allow to cool completely before slicing. Serve warm or cold with your favorite sandwich fillings!



Whole Wheat Buttermilk Sandwich Buns

This recipe is from Tammy’s Recipes.