BOUNTIFUL BRUNCH
A COLLECTION OF RECIPES FROM OUR STAFF, CREWS & VOLUNTEERS

Onondaga Earth Corps
2021
In this difficult year where all have adjusted to a world with Covid-19, we are delighted to share a few favorite recipes from the wonderful crew, staff and supporters of the Onondaga Earth Corps for you to try out at home. Enjoy!

Jackie and Pete Michel
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Fruit & Yogurt Parfaits

From Yvonne Chu

Ingredients

- 3 cups vanilla nonfat yogurt
- 1 cup fresh or defrosted frozen strawberries in juice
- 1 pint fresh blackberries, raspberries or blueberries
- 1 cup good quality granola

Directions

Layer 1/3 cup vanilla yogurt into the bottom each of 4 tall glasses. Combine defrosted strawberries and juice with fresh berries. Alternate layers of fruit and granola with yogurt until glasses are filled to the top. Serve parfaits immediately to keep granola crunchy.
**Almond Granola**

*From Cindy Wren*

**Ingredients**
- 1/3 cup maple syrup
- 1/3 cup packed dark brown sugar
- 4 tps vanilla extract
- 1/2 tsp salt
- 1/2 cup vegetable oil
- 5 cups Old Fashioned rolled oats
- 2 cups whole raw almonds chopped coarsely

**Directions**
1. Adjust oven rack to middle.
2. Heat oven to 325 degrees
3. Line baking sheet with parchment paper
4. Whisk syrup, sugar, vanilla and salt and then oil
5. Fold in oats and almonds
6. You can also add coconut, chia seed and/or flax seed
7. Transfer mixture to baking sheet and spread evenly
8. Press with spatula to firmly pack the oat mixture into the baking sheet
9. Bake for 30 - 45 minutes until light brown. Watch carefully and rotate pan about half way through.
10. Let cool for one hour and then brake the granola in desired size pieces.
11. Add dried fruit if you like
Raisin Apple Sandwich
From OEC Crews

Ingredients
- 2 Apple Slices
- Peanut Butter
- 8 Raisins

Directions
1. Cut an apple into round slices about 1/4-inch thick.
2. Use a butter knife to spread peanut butter on one of the apple slices.
3. Press the raisins into the peanut butter, and place the other apple slice on top. Enjoy!
Ingredients
- 4 bottles of your favorite brightly colored sports drink
- Resealable plastic freezer bags
- 4 to 8 ice cube trays

Directions
1. Pour sports drinks into separate ice cube trays and freeze overnight.
2. Just before serving, pop frozen ice cubes into plastic bags, one color at a time. Seal bag and mash cubes with a rolling pin.
3. Layer different colored ice slush in a clear glass to make wild combinations! Serve with a straw.
**Grapefruit & Arugula Salad**  
From Megan Quinn

**Ingredients**
- Salad
  - 1 large grapefruit, peeled, seeded, and sliced into 1/2 inch chunks
  - 1-5 ounce container of washed baby arugula
  - 1/2 small red onion
  - 1 tablespoon toasted sesame seeds or furikake sprinkle
  - Fresh ground black pepper to taste
  - Optional - 2 tbsp sunflower or pumpkin seeds
- Dressing
  - 1/4 cup rice vinegar
  - 1/4 cup quality olive or sunflower oil
  - Grapefruit juice from slicing
  - 1/8 tsp cayenne pepper
  - Salt and Pepper to taste

**Directions**
1. Thinly slice red onion
2. Peel the grapefruit with a paring knife. Cut in half over a welled cutting board and slice into 1/2-inch chunks, removing seeds as you go. You may also remove the membrane of the fruit. Reserve any grapefruit juice for the dressing.
3. Add arugula, grapefruit chunks, red onion slices, sesame seeds, and sunflower/pumpkin seeds to a salad bowl and toss until ingredients are evenly distributed,
4. In a separate bowl or carafe, whisk together the rice vinegar, oil, grapefruit juice, and spices together.
5. Drizzle the dressing over the salad just before serving and top with fresh ground pepper as desired.
6. Toss together and Enjoy!
Banana Bread
From Yvonne Chu

Ingredients
- 2 cups all-purpose flour (spoon & leveled)
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 cup (1 stick) unsalted butter, softened to room temperature
- 3/4 cup packed light or dark brown sugar
- 2 large eggs, at room temperature
- 1/3 cup plain yogurt or sour cream, at room temperature (I use Greek yogurt)
- 2 cups mashed bananas (about 4 large ripe bananas)
- 1 teaspoon pure vanilla extract
- optional: 3/4 cup chopped pecans or walnuts

Directions
1. Adjust the oven rack to the lower third position and preheat the oven to 350°F. Grease a 9×5-inch loaf pan or coat with nonstick spray. Set aside.
2. Whisk the flour, baking soda, salt, and cinnamon together in a large bowl.
3. Using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the butter and brown sugar together on high speed until smooth and creamy, about 2 minutes. On medium speed, add the eggs one at a time, beating well after each addition. Beat in the yogurt, mashed bananas, and vanilla extract on medium speed until combined. With the mixer running on low speed, slowly beat the dry ingredients into the wet ingredients until no flour pockets remain. Do not overmix. Fold in the nuts, if using.
4. Spoon the batter into the prepared baking pan and bake for 60-65 minutes. Loosely cover the bread with aluminum foil after 30 minutes to help prevent the top and sides from getting too brown. A toothpick inserted in the center of the loaf will come out clean when the bread is done. Remove from the oven and allow the bread to cool completely in the pan set on a wire rack.
5. Cover and store banana bread at room temperature for 2 days or in the refrigerator for up to 1 week. Banana bread tastes best on day 2 after the flavors have settled together.
Perfect Buttermilk Pancakes
From Kat Korba

Ingredients
- 2 cups all-purpose flour
- 3 tablespoons sugar
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoons baking soda
- 1 1/4 teaspoons kosher salt
- 2 1/2 cups buttermilk
- 2 large eggs
- 3 tablespoons unsalted butter, melted
- Vegetable, canola or coconut oil for the pan

Directions
1. Heat the oven to 325 degrees. Whisk flour, sugar, baking powder, baking soda and kosher salt together in a bowl. Using the whisk, make a well in the center. Pour the buttermilk into the well and crack eggs into buttermilk. Pour the melted butter into the mixture. Starting in the center, whisk everything together, moving towards the outside of the bowl, until all ingredients are incorporated. Do not overbeat (lumps are fine). The batter can be refrigerated for up to one hour.
2. Heat a large nonstick griddle or skillet, preferably cast-iron, over low heat for about 5 minutes. Add 1 tablespoon oil to the skillet. Turn heat up to medium-low and using a measuring cup, ladle 1/3 cup batter into the skillet. If you are using a large skillet or a griddle, repeat once or twice, taking care not to crowd the cooking surface.
3. Flip pancakes after bubbles rise to surface and bottoms brown, about 2 to 4 minutes. Cook until the other sides are lightly browned. Remove pancakes to a wire rack set inside a rimmed baking sheet, and keep in heated oven until all the batter is cooked and you are ready to serve.
Baked French Toast

Ingredients
- 8 Eggs
- 2 cups half and half
- 1 cup milk
- 2 tbsp orange marmalade
- 1/2 - 1 tsp cinnamon to taste
- 1/4 tsp grated fresh nutmeg
- Pinch of salt
- 1 loaf of Italian bread
- 3 tbsp cold unsalted butter
- 1/4 cup brown sugar

Directions
1. Place the loaf of bread in a 9x13 baking dish
2. Whisk the eggs, half and half, milk, marmalade, cinnamon, nutmeg, and salt together in a bowl and pour evenly over the bread.
3. Cover and let sit in the refrigerator over night.
4. Preheat oven to 350 degrees
5. Cut the brown sugar into the cold butter to make a crumble and spread evenly over the bread.
6. Bake for approximately 40 minutes until the egg mixture has set in the center.
Ingredients
- 1 9-inch unbaked deep dish pie crust
- 1 tbsp olive oil
- 1/2 cup sliced onion
- 1/2 cup chopped bell pepper
- 1/2 cup sliced mushrooms
- 1/2 cup zucchini
- 1 large tomato sliced
- 2 tbsp all purpose flour
- 2 tsp dried basil
- 3 eggs, beaten
- 1/2 cup milk
- 1/2 tsp salt
- 1/4 teaspoon black pepper
- 1 1/2 cups shredded colby-jack cheese, divided

Directions
1. Preheat oven to 400 degrees
2. Bake pie crust until firm, about 8 minutes. Remove from oven and set aside. Reduce heat to 350 degrees
3. Heat oil in a large skillet over medium. Cook onion, bell pepper, mushrooms, and zucchini until soft, about 5 to 7 minutes. Remove veggies and set aside.
4. Sprinkle tomato slices with flour and basil, cook in skillet for 1 minute per side.
5. Whisk eggs, milk, salt, and pepper together in a bowl
6. Spread 1 cup of the cheese in bottom of pie crust. Layer veggie mixture over cheese and top with the tomatoes. Pour eggs mixture over top into pie shell. Sprinkle the remaining cheese on top of the quiche.
7. Bake in oven at 350 until a knofe comes out clean, about 45 minutes. Cool 5 minutes before serving.
Sweet Grilled Chicken
From OEC Crew

Ingredients
- 4 pieces Boneless Chicken Breast
- ½ cup Lemon Juice
- ¼ cup Italian Dressing
- 1 Green Pepper
- 1 Onion
- 1-2 sprigs Thyme
- 1-2 Sprigs Fresh Basil
- 2-3 Cloves of Garlic, minced

Directions
1. Take Boneless Chicken Breast rinse with water, place in a large bowl.
2. Add lemon juice, Italian dressing to the bowl and let marinade for 5 to 7 minutes.
3. Cut up green pepper, onion, basil, thyme, and garlic then add to the mixture.
4. Mix all together and let stand for 5 minutes.
5. Now we are ready to grill or broil.
6. Cooking time 20 minutes, (10 minutes each side)
Crustless Quiche Lorraine
From Jackie Michel

Ingredients
- 6 strips lean bacon
- 1 small yellow onion, chopped
- 4 large eggs
- 1 ½ cups half and half
- ½ tsp Kosher salt
- Pinch cayenne pepper
- A couple turns of fresh cracked pepper
- 1 cup shredded Swiss cheese
- ½ cup aged parmesan cheese

Directions
1. Preheat the oven to 375 degrees. Grease a 9 inch, deep pie plate with butter.
2. In a frying pan over medium heat, fry the bacon until crisp. Remove to a paper towel lined plate.
3. Remove all but a tablespoon of the bacon grease from the frying pan and add the chopped onion.
4. Saute until soft and golden brown, about 7-8 minutes. Remove from the pan.
5. In a bowl, whisk together the eggs, half and half, salt cayenne, and pepper. Stir in the Swiss cheese, ¼ cup of the Parmesan cheese, onion and crumbled bacon.
6. Pour the mixture into the prepared pan.
7. Sprinkle the remaining Parmesan on top.
8. Bake for 35-45 minutes or until the quiche is golden brown and has just a slight jiggle in the center. Serve warm or at room temperature.

To make this ahead of time, follow the instructions through step 7. Cover the pan with foil and carefully place in the refrigerator. When ready to bake, remove the quiche from the fridge and allow it to come up to room temperature while the oven preheats. Remove the foil and bake as usual.
Eggs Benedict Casserole
From Yvonne Chu

Ingredients
- Casserole
  - 1 tbsp unsalted butter
  - 8 English muffins
  - 16 slices of Canadian bacon
  - 2 cups milk
  - 1/2 cup heavy cream
  - 1/4 tsp ground nutmeg
  - 1 1/2 tsp salt
  - 1/2 tsp freshly ground black pepper
  - 6 large eggs
- Hollandaise Sauce
  - 15 tbsp unsalted butter
  - 4 large egg yolks
  - 2 tbsp lemon juice
  - 1 1/2 tsp salt
  - 1/4 tsp cayenne pepper
- Poached Eggs
  - 1 tbsp white vinegar
  - 8 large eggs
  - 3 tbsp minced fresh chives

Directions
1. For the casserole: Grease a 9x13 baking dish with butter.
2. Split the English muffins open and plan then split-side up in the dish in two rows. Place 1 slice of bacon between each piece.
3. Whisk together the milk, cream, nutmeg, salt, pepper, and eggs in a medium bowl until well combined. Pour the custard over the muffins then cover the baking dish with plastic wrap and refrigerate 8 hours – overnight.
4. Preheat the oven to 350 degrees.
5. Remove the plastic wrap from the casserole dish and replace with foil. Bake for 30 minutes, then remove the foil and bake another 30 minutes until the casserole is set, and English muffins and bacon have become brown on edges.
6. For the Hollandaise Sauce: melt the butter in a medium saucepan over medium heat. Add the yolks, lemon juice, salt and cayenne to a blender and blend 1 minute, With the blender running, pour the melted butter slowly through the hole of the blender lid.
7. For the Poached Eggs: Fill a large saucepan with 2 quarts of water and the vinegar, and bring to a steady simmer over medium–high heat.
8. Crack 4 eggs into small cups or glasses. Slip the eggs into the water quickly and poach until whites are firm but yolks are runny, 4–5 minutes. Remove with a slotted spoon and drain on a paper towel. Repeat for next 4 eggs.
9. Arrange 4 eggs on each side of the casserole. Drizzle the hollandaise sauce over the top and sprinkle with the chives. Serve while still warm with extra hollandaise on the side. (Add a tbsp of water to the sauce if it has thickened too much and whisk).
Spanish Flan
From OEC Crew

**Ingredients**
- 1 cup white sugar
- 3 eggs
- 1 14-ounce can of sweetened condensed milk
- 1 12-ounce can of evaporated milk
- 1 tbsp vanilla extract

**Directions**
1. Preheat oven to 350 degrees.
2. In a medium saucepan over medium-low heat, melt the sugar until liquefied and golden in color. Carefully pour into a 9-inch round glass baking dish, turning evenly to coat the bottom and sides with the liquid sugar. Set aside.
3. In a large bowl, beat eggs, then beat in condensed milk, evaporated milk, and vanilla until smooth. Pour the mixture into the prepared baking dish and cover with aluminum foil.
4. Bake for 1 hour and let it cool completely.
5. To serve, carefully invert the baking dish onto a serving plate after completely cooled.
Ingredients
- 1 1/3 cups all purpose flour
- 1 cup granulated sugar
- 3/4 tsp baking soda
- 3/4 tsp salt
- 1/2 tsp cinnamon
- 1/4 tsp baking powder
- 1/4 tsp ground allspice
- 1/2 cup shortening
- 1 cup chunky applesauce
- 2 eggs
- 1 tsp vanilla extract
- 1/2 cup chopped pecans
- 1/2 cup semi-sweet chocolate chips
- Powdered sugar for dusting (optional)
- Vanilla frosting (optional)
- Chocolate drizzle (optional)

Directions
1. Heat oven to 350 ° F. Grease and flour a 9-inch square baking pan.
2. Combine flour, granulated sugar, baking soda, salt, cinnamon, backing powder and allspice in large bowl. Add shortening, applesauce, eggs and vanilla. Beat on low speed of mixer. Once combined, beat on medium speed 1 minute or until ingredients are well blended. Stir in pecans and chocolate chips. Pour into prepared pan.
3. Bake 40 to 45 minutes or until wooden pick inserted in center comes out clean. Cool in pan on wire rack. Sprinkle with powdered sugar or spread vanilla frosting, if desired on cake. Prepare Chocolate Drizzle if desired: drizzle over top of vanilla frosting.
**Ingredients**
- 4 cups peeled, sliced peaches
- 8 tbsp butter
- 2 cups sugar, divided
- 1/2 cup water
- 1 1/2 cups self-rising flour
- 1 1/2 cups milk
- 1/2 tsp ground cinnamon

**Directions**
1. Preheat oven to 350 degrees.
2. Combine the peaches, 1 cup sugar, and water in a saucepan and mix. Bring to a boil and simmer for 10 minutes, then remove from heat.
3. Put the butter in a 3-quart baking dish and place in oven to melt.
4. Mix remaining 1 cup sugar, flour, and milk slowly in a bowl. Pour mixture over melted butter in the baking dish, do not stir.
5. Spoon the fruit mixture on top of the batter, gently pouring in the remaining syrup at the end. Sprinkle the top with cinnamon.
6. Bake 30 to 45 minutes. Serve with whipped cream or vanilla ice cream.