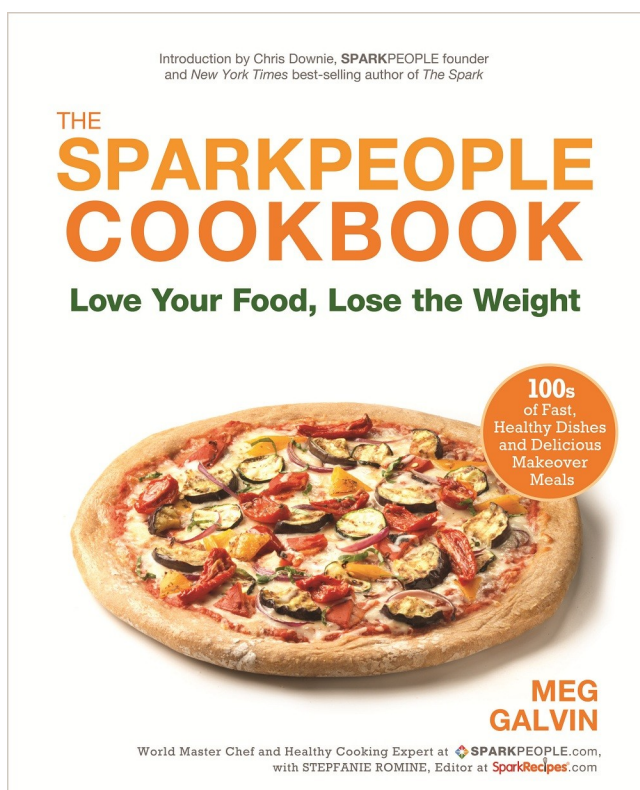


Light and Easy Mother's Day Brunch Recipes from SparkPeople

6 Sweet and Savory Sneak-Peek Dishes from "The SparkPeople Cookbook: Love Your Food, Lose the Weight"

Available now!



Also from SparkPeople.com

Books

[The Spark: The 28-Day Breakthrough Plan for Losing Weight, Getting Fit, and Transforming Your Life](#) by Chris Downie, Founder, CEO, and Motivation Expert

[The SparkPeople Cookbook: Love Your Food, Lose the Weight](#), by Chef Meg Galvin, World Master Chef and Healthy Cooking Expert at SparkPeople.com with Stepfanie Romine, editor of SparkRecipes.com

DVDs

[28-Day Bootcamp with Coach Nicole](#)

[The Spark: Fit, Firm, & Fired Up](#), with Coach Nicole

[SparkPeople Cardio Blast](#), with Coach Nicole

Copyright © 2012 by SparkPeople, Inc.

By Chef Meg Galvin, World Master Chef and Healthy Cooking Expert at SparkPeople.com, with Stepfanie Romine, editor of SparkRecipes.com

Photos, unless noted, by [Randall Hoover Photography](#)

Edited by Stepfanie Romine

Recipes by Chef Meg Galvin

Cover design by Brian Franklin

All rights reserved. No part of this book may be reproduced by any mechanical, photographic, or electronic process, or in the form of a phonographic recording; nor may it be stored in a retrieval system, transmitted, or otherwise be copied for public or private use—other than for "fair use" as brief quotations embodied in articles and reviews—without prior written permission of the publisher.

The authors of this book do not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional, or medical problems without the advice of a physician,

either directly or indirectly. The intent of the authors is only to offer information of a general nature to help you in your quest for emotional and spiritual well-being. In the event you use any of the information in this book for yourself, which is your constitutional right, the authors and the publisher assume no responsibility for your actions.



Chef Meg with her three boys

Growing up, Mother's Day was a special day, but it wasn't a fancy one. My mom brought out the good china, we cut flowers from the garden, and all six of us kids made her pictures. We always took a walk on the farm and picked whatever was fresh for the day's big family meal.

My family still gathers at the farm each year on Mother's Day, and we eat the same foods we always did.

Asparagus is a favorite for Mother's Day because it's so fresh and flavorful this time of year. I love it steamed, with Light Lemon Sauce, or roasted and drizzled with balsamic vinegar.

Serve that alongside an Egg White Omelet with Spinach and Mushrooms or Skinny Eggs Florentine, Blueberry Flaxseed Muffins or Spring Cupcakes with Citrus Icing, and a pitcher of lemonade, and brunch is ready.

After brunch, the dads do the dishes, and we send the kids into the strawberry patch to pick dessert. I serve the berries atop Mini Lemon-Berry Tartlets. They're portion-controlled and melt in your mouth!

To celebrate Mother's Day, we're giving you a sneak peek into "The SparkPeople Cookbook: Love Your Food, Lose the Weight" with these light and delicious brunch recipes that are easy enough for dad and the kids to cook up!



Egg White Omelet with Spinach and Mushrooms

vs. Veggie and Cheese Omelet (save 320 calories, 20 g fat)

The egg-white omelet is a staple breakfast for many healthy eaters, but they're often rubbery and bland. After several trials, I've found that it's easy to make a flavorful omelet that's very low on fat: the secret is to add a tablespoon of Parmesan cheese to the eggs after beating them. You'll find it really improves the texture.

Adding cheese to the eggs leaves plenty of room to fill the omelet with vegetables. I recommend using baby bella or shiitake mushrooms because they have more flavor, but white button mushrooms would work as well—as would any combination of vegetables you prefer (see *Awesome Omelets*, page 90, for our suggestions). To make the weekday breakfast easy, sauté your vegetables ahead of time, then reheat them slightly in the microwave before adding them to the eggs.

Calories: 90.0

Fat: 2.1 g

Cholesterol: 4.0 mg

Sodium: 283.3 mg

Carbs: 3.2 g

Fiber: 1.2 g

Protein: 19.1 g

Prep time: 5 minutes

Cook time: 10 minutes

Serves 1

Ingredients:

Canola oil spray to coat the pan

1/2 cup sliced mushrooms, preferably baby bellas or shiitake

1 cup fresh spinach, washed and stems removed

Pinch black pepper

Pinch nutmeg (optional)

3 egg whites or 1/3 cup packaged egg whites

1 tbsp grated Parmesan cheese

1 tsp butter

Directions:

1. Heat a nonstick sauté pan over moderate heat, and coat it with canola oil. Add the mushrooms to the pan and cook for 1 to 2 minutes.

Add the spinach and cook just until wilted. Season with pepper and nutmeg, if using, then remove mixture from the sauté pan and set aside to cool slightly.

2. In a small mixing bowl, whisk the egg whites until fluffy, then whisk in the Parmesan.

3. Heat the sauté pan over moderate heat again. Add the butter to the pan, taking care to not let it brown. Add the eggs to the pan and swirl them around to coat the bottom. As the egg whites begin to set, lift the sides up with a rubber spatula so they don't overcook.

4. Once the omelet is partially set, add the vegetable mixture to half of the omelet. Cook the omelet until just set, 1 to 2 minutes more. Don't overcook: the egg whites should still be moist.

Slide the omelet onto a plate, vegetable side first, folding the other half of the omelet on top.



Photo from istockphoto.com

Light Lemon Sauce

for Steamed or Roasted Asparagus

vs. Hollandaise sauce (save 34 calories, 4 g fat)

Vegetables are delicious on their own, but this light lemon sauce is a great addition to roasted or steamed vegetables. I love it on asparagus this time of year. Use this in place of Hollandaise sauce in any recipe. It has all of the tang with much less fat. If you prefer a spicier sauce, add white pepper to taste.

Calories: 36.0

Fat: 1.2 g

Cholesterol: 4.3 mg

Sodium: 123.7 mg

Carbs: 2.3 g

Fiber: 0.0 g

Protein: 4.1 g

Prep time: 5 minutes

Serves 4

Ingredients:

1/2 cup 1% milkfat cottage cheese

2 tbsp reduced-fat sour cream

3 tbsp skim milk

2 lemons, zested and juiced

Directions:

1. Combine the cottage cheese, sour cream, and milk in a food processor and pulse to a puree. (You can also use an immersion blender: just place the ingredients in a large mixing bowl.)
2. Add the lemon zest and whisk to combine, then stream in the lemon juice, whisking continuously, until the mixture is pourable. (You might not need all the lemon juice.) Serve immediately or store in the refrigerator for up to 2 days.



Skinny Eggs Florentine

vs. original Eggs Florentine (save 110 calories, 8 g fat)

Classic Eggs Florentine usually includes Hollandaise sauce, which is made with egg yolks, lemon juice, and butter. Our version has half the calories and a third of the fat of the traditional version, in part because I made a Mornay sauce using skim milk and a bit of Parmesan cheese for flavor. The recipe makes one cup of sauce, but you'll only need half. It's hard to make a small batch of this sauce, but it freezes beautifully for up to three months. Thaw it in the fridge and gently heat on the stove.

Poaching eggs is simple and, because there is no added fat, it's a very healthful cooking method. The trick to a perfectly poached egg is to use the freshest eggs possible.

Calories: 254.2

Total Fat: 9.9 g

Cholesterol: 216.6 mg

Sodium: 325.2 mg

Total Carbs: 29.0 g

Dietary Fiber: 3.6 g

Protein: 13.3 g

Prep time: 5 minutes

Cook time: 25 minutes

Serves 4

Ingredients:

For the Sauce:

1 tbsp light butter

1 tbsp flour

1 cup skim milk

2 tbsp Parmesan cheese

¼ tsp nutmeg, plus more for garnish

Pinch white pepper

For the Eggs:

4 cups spinach, washed (see Note)

2 tsp white vinegar

4 eggs

4 slices whole-wheat bread, toasted

Directions:

1. Make the sauce. In a small saucepan, heat the butter until it begins to foam. Do not let it brown. Add the flour and cook for 1 minute, stirring constantly with a whisk. Slowly whisk in cold milk and simmer for 15 minutes, then add the Parmesan, nutmeg, and white pepper. Keep the sauce on very low heat.

2. Meanwhile, in a lidded steamer or sauté pan, steam the spinach just until wilted, then set aside.

3. Fill a saucepan with four cups of water, then add the vinegar. Stir to combine. Heat until just at a simmer. The water should not be boiling. Stir the water a couple of times to create a cyclone effect; this will keep the eggs from spreading out too far in the water.

4. One at a time, break the eggs into a ramekin or saucer, then slide them into the poaching water just above the surface. Poach for 3 to 5 minutes.

Remove with a slotted spoon and place on a paper towel to remove any excess moisture.

5. To assemble the dish, place a slice of freshly toasted bread on a plate, then top with one quarter of the spinach, 1 egg, and 2 tablespoons of the sauce. Garnish with a pinch of nutmeg.

Note: You can use frozen spinach; just make sure that it's completely thawed and squeeze out all the moisture before using.



Photo from istockphoto.com

Blueberry Flax Seed Muffins

vs. original Blueberry Muffin (save 331 calories, 16 g fat)

These healthful muffins freeze well! Low-fat buttermilk and applesauce help reduce the fat content, and the whole-wheat flour and flax seed add fiber.

Calories: 139.1

Fat: 1.5 g

Cholesterol: 18.5 mg

Sodium: 320.2 mg

Carbs: 33.1 g

Fiber: 3.3 g

Protein: 3.7 g

Prep time: 10 minutes

Cook time: 15 minutes

Serves 12

Ingredients:

1 tbsp flax seeds

1 c blueberries

1 c quick oats

1 c low-fat buttermilk (see Note)

1 c whole-wheat flour

1 tsp baking powder

1/2 tsp baking soda

1/4 tsp cinnamon

1 tsp salt

1 egg

1/4 c unsweetened applesauce

3/4 c brown sugar

Directions:

Preheat oven to 375 degrees F. Spray muffin pans with nonstick spray or line with paper liners.

Use a clean coffee grinder to roughly grind the flax seeds, trying not to process them into a mealy texture. (You can use pre-ground flax if that's what you have on hand.)

Wash and dry the blueberries.

In a small bowl, combine the oats and buttermilk, and let stand at room temperature for five minutes.

In a medium bowl, combine the flour, baking powder, baking soda, cinnamon, and salt; mix with a fork to blend and set aside.

In a large bowl, beat the egg, applesauce, and brown sugar with a hand mixer at medium speed for 3 minutes.

Blend in the oat-buttermilk mixture. Stir in the flour mixture only to combine, try not to overwork the mixture. Fold in the blueberries.

Fill muffin cups 3/4 full and top with a sprinkle of flax seed. Bake 15 minutes or until a toothpick inserted into the center comes out clean.

Note: No buttermilk? Make your own! Add 1 tablespoon apple cider or white vinegar to 1 cup skim milk and stir. Let sit for five minutes, then use in place of buttermilk.



Lemon-Berry Tartlets

vs. Lemon Meringue Pie (saves 305 calories, 14 g fat calories)

The trend of mini desserts is a healthy eater's salvation. When sweets are pre-portioned, it's harder to cheat. These mini-tarts just say "summertime" to me. I imagine eating them on a patio after a luncheon with my girlfriends while sipping iced mint tea and feeling the warm breeze. They're so refreshing and light.

Phyllo dough is a secret weapon for the healthy baker—it even comes in whole-wheat varieties. The paper-thin layers of dough are often painted in butter for pastries like baklava, but they can also serve as a low-calorie pie crust with minimal added fat. The "curd" filling is basically a lemon pudding. You can serve it on scones or muffins, as a topping for ice cream or sorbet, or as a pie filling, as you see here.

Calories: 57.4

Fat: 1.9 g

Cholesterol: 17.7 mg

Sodium: 41.3 mg

Carbs: 9.5 g

Fiber: 0.3 g

Protein: 0.9 g

Prep time: 30 minutes

Cook time: 15 minutes

Serves 12

Ingredients:

For the Lemon Curd:

1/2 cup lemon juice

2 tsp lemon zest

4 tbsp sugar

Pinch salt

1 egg

1/2 tsp vanilla extract

For the Tart Shells (see Note):

1 tbsp water

1 tbsp canola oil

6 sheets frozen phyllo dough, thawed

1 cup berries, washed and dried

Directions:

1. Make the Lemon Curd. In a stainless-steel bowl, whisk together the lemon juice and zest, the sugar, salt, egg, and vanilla. In a saucepan, bring 2 cups of water to a boil, then reduce to a low simmer.

2. Set the bowl over the top of the saucepan and whisk the mixture continuously until it thickens, about 10 minutes. Remove the bowl from the pan, cover the surface of the curd with plastic wrap, and refrigerate the mixture until completely cool. It will thicken further as it cools. The lemon curd can be stored, covered, in the refrigerator for up to 4 days.

3. Preheat the oven to 375 degrees F. Prepare a muffin tin with nonstick cooking spray.

4. Mix together the water and canola oil. On a cutting board, lay out 1 sheet of phyllo dough and brush it with the oil mixture. Layer another sheet of phyllo on top, and brush with oil mixture. Repeat the process until the dough is 6 sheets high. Use a sharp knife or pastry cutter to cut the dough into 12 2-inch squares.

5. Place the squares of dough in the wells of a mini-muffin pan. With water-moistened fingers, press the center of the dough to shape the tartlet shells into place; the dough will overlap and fold into shape.

6. Bake until golden brown, about 10 minutes.

Allow to cool completely before filling with lemon curd.

7. Fill each tart shell with about 1 tablespoon of lemon curd, then top with berries.

Note: To save time, buy premade phyllo dough cups. Look for them in the frozen-food aisle.



Spring Cupcakes with Citrus Icing

vs. Coffee Cake (save 214 calories, 13 g fat)

Cupcakes are all the rage these days, and for good reason. These diminutive desserts are automatically portion controlled, and they're just darn cute! Instead of traditional vanilla and chocolate, we chose a garden variety: Carrots and zucchini aren't just for salads; they add moisture and texture to desserts as well.

There aren't enough veggies in these cupcakes to count for one of your daily servings, but you are getting a tasty treat that has more fiber and less fat than even a slice of traditional carrot cake. Carrot cake usually has a spicy taste, but we lightened that up by adding a fresh orange flavor.

These cupcakes are perfect for an Easter brunch, a children's birthday party (no need to tell them the "confetti" inside comes from vegetables), or a graduation celebration. These cupcakes were a hit during our taste test!

Calories: 145.8

Fat: 4.9 g

Cholesterol: 11.8 mg

Sodium: 114.7 mg

Carbs: 24.6 g

Fiber: 2.4 g

Protein: 2.6 g

Prep time: 5 minutes

Cook time: 20 minutes

Serves 18

Ingredients:

1 egg, at room temperature

1 egg white, at room temperature

3/4 cup brown sugar

2 cups grated carrots

2 small zucchini, grated (about 1 cup, excess moisture pressed out with a paper towel)

1/3 cup canola oil

1 tbsp orange zest (see Note)

1 tsp baking powder

1/2 tsp baking soda

1/2 tsp cinnamon

1/4 tsp salt

2 cups whole-wheat pastry flour

For the Icing:

1 tbsp orange zest (see Note)

2 tbsp orange juice (see Note)

1/2 cup confectioners' sugar

Directions:

1. Preheat the oven to 350 degrees F. Fill 18 muffin cups with cupcake liners.
2. Combine the eggs and brown sugar in a bowl, then beat at medium speed with a hand mixer for 2 minutes. Add the carrots, zucchini, oil, and orange zest to the mixture and stir to combine.
3. In a separate bowl, combine the baking powder, baking soda, cinnamon, salt, and flour using a fork; then add to the wet mixture. Using the hand mixer, blend just until combined.
4. Divide the batter among the muffin cups, and bake until a toothpick inserted in the middle of a cupcake comes out clean, about 18 to 20 minutes.

(If your oven has hot spots, rotate the pans halfway through cooking.)
5. While the cupcakes are baking, prepare the icing by whisking together the orange zest, the orange juice, and sugar.
6. Allow cupcakes to cool in the pans for 10 minutes, then remove and cool completely on a wire rack.
7. After the cupcakes have cooled, top each one with 1 teaspoon of icing.

Note: You should be able to get plenty of zest and juice for both the cupcakes and the icing from one large orange.

For more great recipes, check out
["The SparkPeople Cookbook: Love Your Food, Lose the Weight"](#)

###

About the Author, Chef Meg Galvin



SparkPeople Healthy Cooking Expert, World Master Chef, and Culinary Instructor

At SparkPeople.com, Chef Meg Galvin develops healthy recipes, tests member-submitted dishes, and teaches the fundamentals of cooking through informative and entertaining videos and articles. A World Master Chef since 2005, Chef Meg was the host of the regional television show *The Dish*, which aired on a local CBS affiliate and online. Meg now hosts cooking videos on the local FOX affiliate.

Galvin earned a bachelor's degree in business administration from Eastern Kentucky University and a certificate of culinary arts from Le Cordon Bleu in London. She is certified as an executive chef by the American Culinary Federation and is working toward her court of master sommeliers wine certification.

Galvin is a faculty member at Cincinnati State Technical and Community College, home of the Midwest Culinary Institute (MCI), an American Culinary Federation-certified college. In addition, she oversees one of a handful of programs in the country that allows culinary students to transfer to earn a four-year degree in the culinary arts.

Raised on a large family farm in central Kentucky, Galvin now lives in northern Kentucky with her husband and three teenage sons—including twins. On any given day, she can be found hitting the pavement on long runs or cheering on her sons at their numerous sporting events. She balances her busy schedule by incorporating her home life and career, bringing her kids into the kitchen and testing recipes on—and with—her family.

She is the author of "[The SparkPeople Cookbook: Love Your Food, Lose the Weight.](#)"

[About SparkPeople.com](#)

[SparkPeople.com](#) is one of the leading diet, fitness and healthy living destinations on the web, with more than 12 million members; free weight loss, nutrition, and fitness tracking

tools; and a positive community of people who are committed to reaching their goals and supporting one another along the way. SparkPeople combines the science of nutrition and fitness with the science of motivation and the power of social networking. The company has seven websites, including SparkRecipes.com, with more than 350,000 healthy and delicious recipes.

[Learn more about our mobile apps:](#)

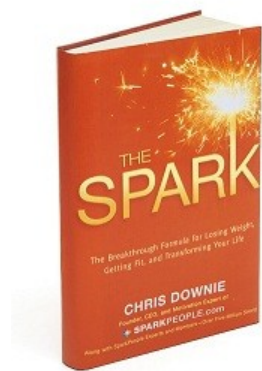
Free Food & Fitness Tracker

Free Healthy Recipes Application

Free Quote of the Day

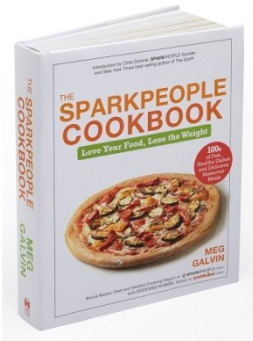
Perfect Produce Application

[Also from SparkPeople.com](#)



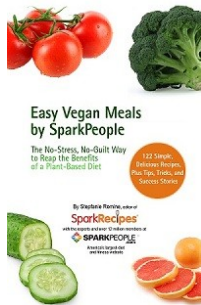
[The Spark: The 28-Day Breakthrough Plan for Losing Weight, Getting Fit, and Transforming Your Life](#)

by Chris Downie, Founder, CEO, and Motivation Expert

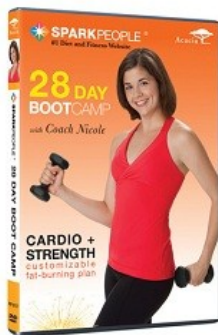


[The SparkPeople Cookbook: Love Your Food, Lose the Weight](#)

by Chef Meg Galvin, World Master Chef and Healthy Cooking Expert at SparkPeople.com with Stephanie Romine, editor of SparkRecipes.com



E-Book: [Easy Vegan Meals by SparkPeople: The No-Stress, No-Guilt Way to Reap The Benefits of a Plant-Based Diet](#) by Stephanie Romine, editor SparkRecipes.com



DVD: [28-Day Bootcamp with Coach Nicole](#)