

newsworthy trends

Making A Comeback: Breakfast For Dinner



Serve breakfast any time of day: eggs, sausage, pancakes and other “morning foods” make a great supper for time-pressed families, experts agree.

(NAPSA)—Here’s some tasty food for thought: Who says breakfast food favorites can’t be eaten for dinner? Many parents, studies show, have fond memories of eating “morning” foods in the evening every once in a while—and now, experts say, that old “breakfast for dinner” concept is making a big comeback with today’s time-pressed families, balancing office work, homework, housework and after-school activities.

When meal prep time is at a premium—as it so often is on hectic weekdays—cooking breakfast foods for dinner can be a great way to spend less time in the kitchen, more time with the family, many agree. It’s quick and easy to prepare a tasty dinner of pancakes, eggs, waffles and sausage—plus, the whole family can help out, adding fun and enjoyment to meal preparation. Happily, most of the “breakfast for dinner” ingredients you need are already at hand—cereal, eggs, syrup, sausage, to name a few—reducing the need for a last-minute trip to the store. Some tips to help you:

- A bright and scrumptious skilletful of eggs—any style—

with plenty of hot and yummy sausage on the side makes for a savory supper. Fortunately, even fresh sausage is available in a quick and convenient form these days, thanks to Jimmy Dean Fresh Links and Patties; they come in a variety of tasty flavors that take less than 10 minutes to prepare. Another mealtime idea that’s in good taste: brown cut up sausage links with green onions. Stir into creamy eggs scrambled with cheese. It’s a meal that’s made in minutes but tastes extra-special.

- Instant pancake batter or frozen waffles are especially handy when you are pressed for time. Top with syrup, or a favorite preserve, such as orange butter or fruit jelly.

- Start with a tasty appetizer: instant oatmeal or another favorite cereal, along with plenty of fresh fruit are good choices.

- Side dishes and beverages should go along with the “breakfast for dinner” theme: plenty of fruit-filled muffins, hot chocolate, coffee, orange juice.

The sausages and other great “breakfast for dinner” foods are at local grocers.