

Mother’s Day is on May 12

Time to make mom a special breakfast

Mother’s Day is a holiday honoring motherhood that is observed in different forms throughout the world. Here in the U.S., Mother’s Day 2019 occurs on Sunday, May 12. In the years before the Civil War, Ann Reeves Jarvis of West Virginia helped start “Mothers’ Day Work Clubs” to teach local women how to properly care for their children. These clubs later became a unifying force in a region of the country still divided over the Civil War.

In 1868 Jarvis organized “Mothers’ Friendship Day,” at which mothers gathered with former Union and Confederate soldiers to promote reconciliation. Another precursor to Mother’s Day came from the abolitionist and suffragette Julia Ward Howe. In 1870 Howe wrote the “Mother’s Day Proclamation,” a call to action that asked mothers to unite in promoting world peace. In 1873 Howe campaigned for a “Mother’s Peace Day” to be celebrated every June 2.

The American incarnation of Mother’s Day was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914. After gaining financial backing from a Philadelphia department store owner named John Wanamaker, in May 1908 she organized the first official Mother’s Day celebration at a Methodist church in Grafton, West Virginia. That same day also saw thousands of people attend a Mother’s Day event at one of Wanamaker’s retail stores in Philadelphia.

Following the success of her first Mother’s Day, Jarvis—who remained unmarried and childless her whole life—resolved to see her holiday added to the national calendar. Arguing that American holidays were biased toward male achievements, she started a massive letter writing campaign to newspapers and prominent politicians urging the adoption of a special day honoring motherhood.

By 1912 many states, towns and churches had adopted Mother’s Day as an annual holiday, and Jarvis had established the Mother’s Day International Association to help promote her cause. Her persistence paid off in 1914 when President Woodrow Wilson signed a measure officially establishing the second Sunday in May as Mother’s Day.

Anna Jarvis had originally conceived of Mother’s Day as a day of personal celebration between mothers and families. Her version of the day involved wearing a white carnation as a badge and visiting one’s mother or attending church services. But once Mother’s Day became a national holiday, it was not long before florists, card companies and other merchants capitalized on its popularity.

While Jarvis had initially worked with the floral industry to help raise Mother’s Day’s profile, by 1920 she had become disgusted with how the holiday had been commercialized. She outwardly denounced the transformation and urged people to stop buying Mother’s Day flowers, cards and candies.

Jarvis eventually resorted to an open campaign against Mother’s Day profiteers, speaking out against confectioners, florists and even charities. She also launched countless lawsuits against groups that had used the name “Mother’s Day,” eventually spending most of her personal wealth in legal fees. By the time of her death in 1948 Jarvis had disowned the holiday altogether, and even actively lobbied the government to see it removed from the American calendar. Oh well...

Here are some recipes for breakfast for your special loved one:

**Southwest Vegetable Frittata**

This is a delicious combination of vegetables, beans and eggs seasoned with salsa, cilantro and topped with cool avocado.

1 Tbsp. canola or olive oil  
1/2 cup diced red pepper  
1/4 cup diced yellow onion  
1/2 - 1 small jalapeño pepper, seeded and finely minced  
1/2 cup canned black beans, drained and rinsed  
6 large eggs  
Salt and pepper, to taste  
1/4 cup grated reduced-fat sharp cheddar cheese  
1/4 avocado, thinly sliced  
1/2 cup chunky salsa or pico de gallo  
2 Tbsp. chopped cilantro, for garnish (optional)

In large skillet, heat oil over medium-high heat. Add red pepper, onion, jalapeño and black beans and sauté 5 minutes, being careful not to mash beans. With wooden spoon, stir vegetables and beans until evenly distributed.

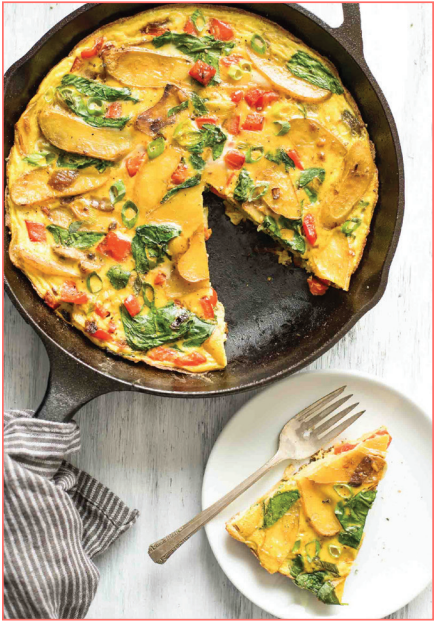
Beat eggs in bowl and pour eggs over top. Spread with spoon to evenly distribute across vegetables and beans. Sprinkle with salt and pepper. Cover and cook over medium heat until eggs are just set, about 2-3 minutes.

Remove pan from heat and sprinkle with cheese. Cover and allow cheese to melt for just a minute. Gently slide the frittata onto plate or platter.

Top with avocado slices and salsa. If desired, garnish with fresh cilantro.

Makes 4 servings. Per Serving: 200 calories, 13 g total fat (3 g saturated fat), 9 g carbohydrate, 13 g protein, 3 g fiber, 260 mg sodium.

Prep Time: 15 minutes Cook Time: 10 minutes



Fresh Corn Pancakes with Lime Drizzle

Combining whole wheat and all-purpose flour is a fun cooking hack that enhances the nutrition without changing the flavor and texture. Drizzle lime and honey syrup for a fresh and zesty kick.

- 6 Tbsp. whole-wheat pastry flour
- 6 Tbsp. unbleached all-purpose flour
- 1/4 tsp. salt
- 1 large egg
- 2/3 cup 1 percent milk
- 4 tsp. unsalted butter, melted
- 1/2 cup fresh corn kernels (1 medium ear)
- 1 medium scallion, green part only, very thinly sliced
- 1 egg white
- 2 Tbsp. honey, preferably wildflower
- 1-2 Tbsp. fresh lime juice
- Cooking spray



In medium mixing bowl, combine flours and salt.

In small bowl, use fork to beat egg. Add milk and melted butter and stir to combine.

Add wet ingredients to dry ones, mixing until combined but small lumps remain. Stir in corn and scallion greens.

In small bowl, use hand or electric mixer to beat egg white until soft peaks form. Gently fold egg white into pancake batter.

Coat heavy skillet, preferably cast iron, generously with cooking spray and set pan over medium-high heat. When drops of water flicked into pan bounce, re-stir pancake batter. Using 1/4 cup measure, scoop down to bottom of bowl and dip out about 3 tablespoons batter. Pour batter onto skillet, making 3 1/2-inch pancake. Repeat, placing pancakes 3 inches apart. Cook until bubbles dot pancakes, edges look opaque and bottoms are nicely browned, about 3 minutes. Flip pancakes and brown lightly on second side. Transfer pancakes to platter and cover to keep warm.

For drizzle, in small bowl, whisk honey and 1 tablespoon lime juice together until combined. If syrup is too sweet, add more lime juice to taste.

Serve pancakes with honey-lime drizzle.

Makes 4 servings. Yield 12 pancakes. Per Serving: 198 calories, 6 g total fat (3 g saturated fat), 30 g carbohydrate, 7 g protein, 2 g dietary fiber, 197 mg sodium.

Banana Waffles with Blueberries

These banana waffles are soft, fluffy and made with whole-wheat flour and oats. Top with fresh blueberries and walnuts for a healthy start to your day.

- 1 medium banana
- 1 large egg
- 1 1/2 cups milk
- 1/4 cup canola oil
- 1 tsp. vanilla extract
- 3/4 cup white whole-wheat flour or whole-wheat pastry flour
- 1/2 cup unbleached all purpose flour
- 1/2 cup quick cooking oats
- 2 Tbsp. sugar
- 2 tsp. baking powder
- 1 tsp. ground cinnamon
- 1 tsp. nutmeg
- 1/2 tsp. salt
- Cooking spray
- 1/3 cup toasted, chopped walnuts



**Blueberry Sauce:**  
1/4 cup honey  
2 cups fresh blueberries  
2 Tbsp. lemon juice

Prepare Blueberry Sauce below.

Preheat waffle iron. For golden brown waffles set browning control on medium. For crisper, darker waffles set browning control to higher setting.

In large mixing bowl, mash banana with fork. Add egg, milk, oil and vanilla extract and stir together. Add flours, oats, sugar, baking powder, cinnamon, nutmeg and salt. Stir together until just combined. Batter will be lumpy.

Spray both sides of waffle iron with cooking spray. Pour batter in center of waffle iron (amount will vary depending on waffle iron size; check manufacturer’s instructions for amount). Cook until waffle iron indicates waffle is done, about 3-5 minutes.

Remove waffle from iron and place on serving plate. Top waffle with walnuts and blueberry sauce and serve.

Waffles are best served when made to order. Cooked waffles may be kept warm in oven or toaster oven set on 200 degrees F.

**Blueberry Sauce:**

In small saucepan over medium heat, warm honey, stirring until thin, about 2 minutes. Turn off heat and add blueberries and lemon juice. Let sauce sit until ready to use.

Makes six, half-inch waffles. Per serving (waffles): 302 calories, 16 g total fat (2 g saturated fat), 33 g carbohydrate, 9 g protein, 4 g dietary fiber, 405 mg sodium.

Makes 2 cups sauce; eight 1/4 cup servings. Per serving (blueberry sauce): 54 calories, 0 g total fat (0 g saturated fat) 14 g carbohydrate, 0 g protein.