

**VALENTINE'S DAY: Heart Healthy Pink Pancakes + Soft Scrambled Eggs with Fresh Herbs**  
**Chef Michelle A: Tuesday 4-6 Class #5**



**TODAY'S RECIPES**

- Soft scrambled eggs with Fresh Herbs
- Heart Healthy Pink Pancakes with Fresh Fruit

**SKILLS LEARNED**

- Knife skills
- Making measurements
- EGGS
  - Where do eggs come from?
  - Cracking eggs
  - Cooking eggs (using a skillet)
- How to use a griddle (pancakes)

**EQUIPMENT**

- Cutting board
- Knife
- Measuring spoons and cups
- Squeezie bottle
- Griddle (for cooking pancakes)
- Non-stick 10" skillet
- Spatula
- Flat bottomed wooden spoon
- Whisk

**SOFT SCRAMBLED EGGS WITH FRESH HERBS**

**INGREDIENTS**

5 eggs  
Salt and freshly ground black pepper  
2 tablespoons milk or cream  
3 tablespoons chopped fresh herbs (such as basil, chives, dill, parsley, and tarragon)  
2 tablespoons butter or extra virgin olive oil

**INSTRUCTIONS**

1. In a medium bowl, whisk together the eggs, milk, and chopped fresh. Season with salt and pepper.
2. Put a medium skillet, preferably non-stick, over medium heat for about 1 minute. Add the butter or oil and swirl it around the pan. After the butter melts, but before it foams, turn the heat down slightly to medium-low.
3. Add the eggs to the skillet and cook over medium-low heat, stirring occasionally with a flat-bottomed wooden spoon. The secret to creamy, soft scrambled eggs is cooking them "low and slow" - so be patient! Keep stirring, breaking up the curds as they form, until the mixture is a mass of soft curds. This will take 8-10 minutes. Taste and adjust seasoning if needed. Enjoy!

**HEART HEALTHY PINK PANCAKES**

## INGREDIENTS

1-2 medium sized beets  
1 cup all-purpose flour (substitute with Cup-4-Cup gluten free flour if needed)  
2 tablespoons sugar  
2 teaspoons baking powder  
1/2 teaspoon salt  
1 cup milk (substitute with soy, almond, or coconut milk for dairy free)  
2 tablespoons unsalted butter, melted, or vegetable oil  
1 large egg  
1 tablespoon vegetable oil  
1 cup fresh fruit for topping (strawberries, blueberries, bananas)

## INSTRUCTIONS

1. Wrap beets in foil and bake 400 degrees F for 1-1.5 hours, until very tender can be pierced with a paring knife. Let cool.
2. Unwrap the cooked beets, peel off the skin, and slice into 1" cubes. Put the beet cubes in a food processor or blender and puree until smooth. You can add a teaspoon or so of water to get it to blend better if you need to.
3. In a large bowl, whisk together the flour, sugar, baking powder, and salt.
4. In a medium bowl, whisk together milk, butter (or oil), egg, and 1/3 cup of the beet puree. Add dry ingredients to milk mixture; whisk until just moistened (do not overmix; a few small lumps are fine).
5. Heat a large skillet (nonstick or cast-iron) or griddle over medium. Fold a sheet of paper towel in half, and moisten with oil; carefully rub skillet with oiled paper towel.
6. To make heart shaped pancakes, pour batter into a squeegee bottle. Allow it to cook until bubbles are visible throughout the pancake before flipping.
7. Repeat until all batter has been used, top with fresh fruit and syrup.