

# Cooking with Julia: *Lyndsay's Breakfast Pizza*



**Julia Hansen**

You've heard it for years from your mom and your health teacher: Breakfast is the most important meal of the day. Turns out that

statement is true. I recently read in an article from BBC News that doctors in the United States found that eating breakfast decreases the risk of becoming obese, developing diabetes and having a heart attack. Stating this information seems a little ironic considering this week's recipe is not the healthiest breakfast. Perhaps the breakfast pizza is something to eat on special occasions, and the rest of the time you could choose to eat fruits and healthy whole-grain cereals.

The word breakfast actually means to "break the fast." I read that this comes from Christian origins when people would ignore their food cravings as a form of fasting to honor God.

My friend Lyndsay made this delicious breakfast pizza last weekend when we had a brunch at my house. It was fabulous, and I knew right away I had to share the recipe with column readers.

## Ingredients:

- 2 one-pound rolls Jimmy Dean maple sausage
- 2 packages crescent rolls
- 2 apples
- 2 bags shredded cheddar cheese
- 1 cup bread crumbs
- 2 eggs

## Directions:

1. In a pan cook sausage over medium-high heat until all the pink is gone.
2. While sausage is cooking, dice apples into large chunks. Line the bottom and sides of a 9 x 13 baking pan with as many crescent rolls as necessary to cover every inch of the baking pan, making sure to save enough dough to cover the top of the dish.
3. When sausage is done cooking, drain excess oil from the meat and put it in a large bowl.
4. Add chopped apple, bread crumbs, eggs and one of the bags of cheese to the meat in the large bowl.
5. Mix well and pour mixture into 9" x 13" baking pan.
6. Cover mixture in the pan with the leftover crescent rolls. Sprinkle 1/2 cup cheese over the top of the crescent rolls and bake about 20 minutes at 375 degrees.



## Romantic opposites built to last

Of all the human emotions, love is probably the most unpredictable and complicated. The others are relatively easy — fear, happiness and anger are simple to rationalize and justify. But love can be unexpected, inspired by someone who comes as a complete surprise. It can be irrational, directing itself at someone with seemingly obvious disadvantages — whether that takes the form of distance, differences in interests or ideology, an undesirable social circle or a different lifestyle.

So what is to be made of the dilemma? Frequently, people will avoid pursuing a potential love interest with a list of excuses: "He's too young," "She's too liberal," "He's too into sports" or "Her friends are too dramatic." But we've been hearing the mantra all our lives: The biggest failure comes from not even trying. Sometimes the most rewarding endeavors are those that begin as just a fancy with no clear goal in mind.

A little more than a year and a half ago, I was faced with this situation. My decision to pursue an unlikely relationship ended up

being one of the best choices I've ever made, and I didn't even know what I was doing at the time.

It was Spring Break, and my ex-boyfriend and I had just broken up. I was supposed to go to San Diego for the week with my roommate to stay with my grandparents, but a last-minute change of plans resulted in my going home to Pennsylvania instead.

One night, I was staying with a friend who had plans to babysit, so we arranged that her friend would in turn babysit me for a few hours while she was busy. Her friend and I had met a few times and talked occasionally during previous visits, but we didn't know each other very well. We spent the evening at a concert he arranged at his church as a fundraiser, but afterward, we still

had a couple of hours before I had to get back.

With three blankets in hand — one for the ground, one for him and one for me — we walked to the edge of the dock that stretched out over the river in the town of North East, Md. It was freezing — we could see our breath and hear the chunks of ice bobbing in the water as the waves ebbed and flowed, but despite the cold, we continued to sit bundled up talking for hours. By the end of the night, or in the wee hours of the next morning, he asked me to be his girlfriend.

Thinking logically, it was a little crazy. I barely knew the guy. He was three years older than me, and he lived on the other side of the country. Tattoos were scattered over his arms in contrast to my

somewhat conservative appearance, and he hadn't graduated from college. I wouldn't get to see him again for another two months, and even in the summers when I would be home, I would still be two hours away. Also, I had been single for only six days.

I said yes. It was the biggest chance I've ever taken, trusting my heart to a practical stranger and taking a chance on him. I didn't know if I would ever love him or if he would love me, but the surest way of never knowing would be to say no and refuse to find out, easy as it would have been. I knew people probably would say things, questioning my choice, and they did, but I didn't care. For once, it felt wonderful to follow a whim and trust that even if I weren't sure why I was doing what I was doing, it would work out the way it should.

Despite the shortcomings that might make a relationship seem less appealing, giving it a try could be well worth the extra effort. It's easy to avoid starting something new for any number of reasons, but that could result in missing out on a

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**Kelly Schute**

We need to talk

great opportunity. Although certain irreconcilable differences can be direct proof that a relationship is wrong, it is difficult to tell whether small disagreements will end up causing a problem at all. In the case that they don't, it would be a pity to never give a relationship a chance to flourish based on fear.



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