

# SNOWTROOPER TOAST

## INGREDIENTS

- 4 slices egg bread
- 2 tablespoons strawberry jam
- 1 egg
- ¼ cup (60 millilitres) low-fat milk
- ¼ teaspoon vanilla extract
- 2 fresh strawberries, hulled and sliced
- 2 teaspoons confectioners' sugar

1. Preheat the oven to 200°F (95°C).
2. If using a sandwich cutter, cut out a shape from 2 of the bread slices. Repeat with the other 2 slices, using the same cutter or the other sandwich cutter. (You will have 4 shaped bread slices in all, with 2 pairs of the same shape.) Set aside 1 of the shaped slices from each pair. On the remaining 2 slices, spread the jam. Top each sandwich with its matching top piece. Chop the bread scraps into 1-inch (2.5-centimetre) pieces. Otherwise, skip to the next step.
3. Heat a 12-inch (30.5-centimetre) skillet over medium heat and spray it with vegetable-oil cooking spray.
4. In a shallow bowl, use a fork to beat the egg with the milk and vanilla until well blended. Dip the filled sandwiches in the egg mixture, turning to soak both sides. If you used the sandwich cutter, toss the bread scraps with the remaining egg mixture. Add the sandwiches to the skillet and cook for about 3 minutes total (1½ minutes per side) until golden. Remove the sandwiches from the pan and place them in the warm oven until ready to serve.
5. If you used the sandwich cutter, spray the pan with more vegetable-oil cooking spray and return it to medium heat. Add the bread scraps and cook them for 3 to 4 minutes, stirring once or twice, until golden and cooked through.
6. Evenly divide the sandwiches and cooked bread pieces (if applicable) between 2 plates. Top with strawberries and sift the confectioners' sugar over everything before serving.

**Makes 2 servings.**



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# REBEL PEPPER EGG CUPS

*Bright red bell peppers, like the red insignia of the Resistance, are a delicious and edible “bowl” for a savory filling of eggs, bacon, and ripe red tomatoes.*

## INGREDIENTS

**3 large red bell peppers, halved lengthwise, seeded, and deribbed**

**Salt and pepper for seasoning**

**6 eggs**

**1 large tomato, diced**

**1 cup (80 grams) shredded low-fat Monterey Jack cheese**

**6 bacon slices, cooked and chopped**

1. Preheat the oven to 350°F (180°C).
2. Place the red bell pepper halves on an ungreased baking sheet. Sprinkle with salt and pepper. Bake until soft, 15 to 20 minutes.
3. Meanwhile, whisk the eggs in a large bowl. Add the tomato, cheese, and bacon and stir to combine.
4. Using a ladle or large spoon, distribute the egg mixture evenly into the half-baked peppers. Sprinkle with salt and pepper. Bake for 15 to 20 minutes more, until the eggs are set.
5. Let cool for 10 minutes before serving. Serve warm.

**Makes 6 servings.**



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# VITAMIN C-3PO

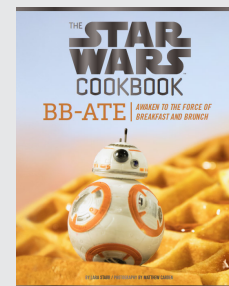
*This fruity smoothie will revive you as your day begins!*

## INGREDIENTS

- 1 cup (240 grams) low-fat vanilla Greek yogurt
- 1 cup (240 millilitres) apple juice
- 1 cup (240 millilitres) low-fat milk
- 2 tablespoons honey
- 1 large banana, sliced
- 12 large strawberries, sliced, plus 2 whole strawberries

1. Put the yogurt, apple juice, milk, honey, banana, and sliced strawberries into a blender and process on medium speed until well combined. Pour into two tall glasses.
2. Using a knife, cut a slit in each of the whole strawberries, from the bottom halfway up toward the stem. Position a strawberry on the rim of each glass as a garnish. Serve immediately.

**Makes 2 servings.**



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