



United States Department of Agriculture

MyPlate KITCHEN

Breakfast

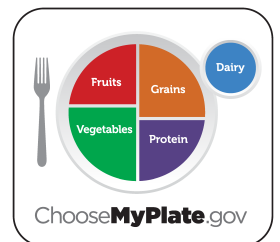


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Banana Split Oatmeal



Makes: 1 serving

Frozen yogurt and bananas turn oatmeal into a healthy dessert or satisfying snack.

Ingredients

- 1/3 cup oatmeal (dry, quick-cooking)
- 1/8 teaspoon salt
- 3/4 cup water (very hot)
- 1/2 banana (sliced)
- 1/2 cup frozen yogurt (non-fat)

Directions

1. In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

Source: Colección de Recetas de University of Nebraska Cooperative Extension, p.14
Personal de la Universidad de Nebraska-Lincoln

Nutrition Information

Serving Size: 1 full recipe (357g)

Nutrients	Amount
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Calories	267
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Total Fat	3 g
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Saturated Fat	1 g
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Cholesterol	5 mg
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Sodium	360 mg
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Total Carbohydrate	53 g
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Dietary Fiber	4 g
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Total Sugars	28 g
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Added Sugars included	8 g
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Protein	9 g
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Vitamin D	0 mcg
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Calcium	179 mg
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Iron	1 mg
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Potassium	508 mg
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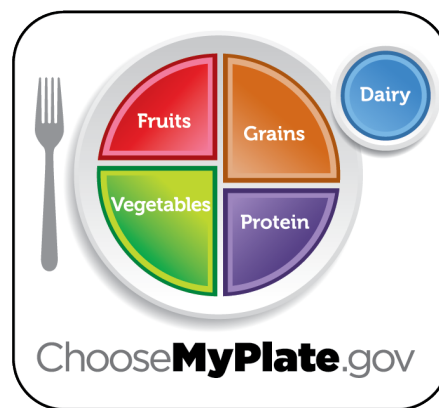
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MyPlate Food Groups

 Fruits	1/2 cups
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 Grains	3/4 ounces
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 Dairy	1/4 cups
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Fantastic French Toast



Makes: 6 servings

Start your day with this classic breakfast recipe and serve it with fresh or canned fruit.

Ingredients

- 2 large eggs
- 1/2 cup non-fat milk
- 1/2 teaspoon vanilla extract
- 6 slice whole wheat bread
- syrup or other toppings (optional)

Directions

1. Preheat the griddle over medium heat, or set an electric frying pan at 375 degrees.
2. Put eggs, milk, and vanilla in a pie pan or shallow bowl and beat with a fork until well mixed.
3. Grease the griddle or pan with a thin layer of oil or use nonstick spray.
4. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan.
5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side.
6. Optional: serve with syrup, applesauce, fruit slices, or jam.

Source:

University of Wisconsin, Cooperative Extension Service, A Family Living Program

Nutrition Information

Serving Size: 1 slice, 1/6 of recipe (66g)

Nutrients Amount

Calories 102

Total Fat 3 g

Saturated Fat 1 g

Cholesterol 62 mg

Sodium 160 mg

Total Carbohydrate 13 g

Dietary Fiber 2 g

Total Sugars 2 g

Added Sugars included 1 g

Protein 6 g

Vitamin D 1 mcg

Calcium 79 mg

Iron 1 mg

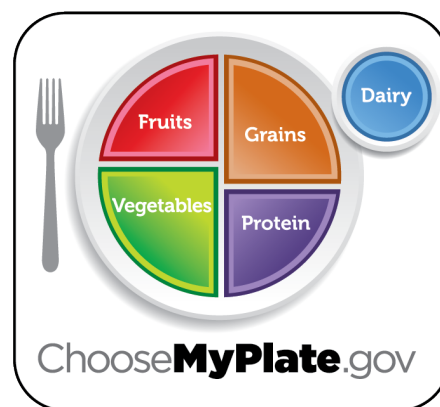
Potassium 126 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Grains 1 ounces

 Protein Foods 1/3 ounces



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Banana Pancakes with Apple Topping



Makes: 6 servings

Kick your pancakes up a notch with fresh bananas and an apple topping. The whole wheat flour and the fresh fruit in the recipe add extra fiber to your breakfast.

Ingredients

- 2 eggs
- 1 1/2 cup milk (1%)
- 1 tablespoon honey
- 3 tablespoon oil
- 3/4 cup whole wheat flour
- 3/4 cup flour (all purpose)
- 2 teaspoon baking powder
- 2 bananas
- 3 apples
- 3 tablespoon sugar
- 1 teaspoon cinnamon
- 1/4 cup water

Directions

1. Beat eggs. Beat in milk, honey and oil.
2. Add flours and baking powder.
3. Slice bananas and add to mixture.
4. Coat a large, non-stick frying pan or griddle with non-stick cooking spray. Warm the pan over medium heat for 2 minutes.
5. Spoon 1/4 cup of the batter onto the heated griddle for each pancake (adjust more or less depending on pancake size).
6. Cook until the tops are bubbly and the pancakes are dry around the edges. Flip and cook for 2-3 minutes or until golden on both sides. Place pancakes on a platter and keep warm.
7. Repeat steps 5 and 6 until batter has been used, using more non-stick cooking spray as needed.

Apple Topping:

1. Wash apples, remove cores, and slice thinly with peel still on.
2. Combine apples with the sugar, cinnamon, and water.
3. Cook in skillet for 10 minutes and spoon on top of pancakes.

Source: University of Massachusetts, Extension Nutrition Education Program, Pumpkin Post/Banana Beat

Nutrition Information

Serving Size: 1/6 of recipe (252g)

Nutrients Amount

Calories 325

Total Fat 10 g

Saturated Fat 2 g

Cholesterol 65 mg

Sodium 215 mg

Total Carbohydrate 54 g

Dietary Fiber 5 g

Total Sugars 24 g

Added Sugars included 9 g

Protein 8 g

Vitamin D 1 mcg

Calcium 194 mg

Iron 2 mg

Potassium 404 mg

Note: only nutrients that are available will show on this display

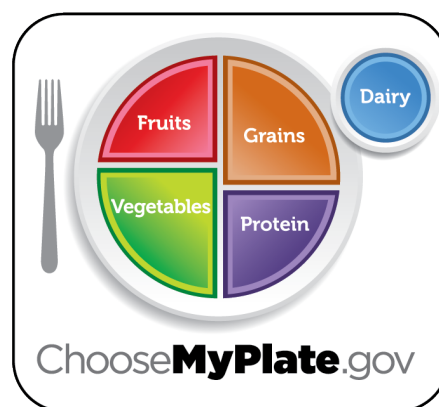
MyPlate Food Groups

 Fruits 3/4 cups

 Grains 1 3/4 ounces

 Protein Foods 1/3 ounces

 Dairy 1/4 cups



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Breakfast Burrito



Makes: 4 servings

The protein and fiber in this bean, vegetable, and yogurt breakfast burrito make great additions to your morning meal.

Ingredients

- 1 1/3 cup black beans (cooked, mashed with 1 teaspoon canola oil, or use canned vegetarian refried beans)
- 4 tortillas, corn
- 2 tablespoon red onion (chopped)
- 1/2 cup tomatoes (chopped)
- 1/2 cup salsa, low-sodium
- 4 tablespoon yogurt, non-fat plain
- 2 tablespoon cilantro (chopped)

Directions

1. Mix beans with onion and tomatoes.
2. Microwave tortillas between the two sheets of slightly damp white paper towels on high for 15 seconds.
3. Divide bean mixture between the tortillas.
4. Fold each tortilla to enclose filling.
5. Place on microwave-safe dish and spoon salsa over each burrito.
6. Microwave on high for 15 seconds.
7. Serve topped with yogurt and cilantro.

Source: Michigan Department of Community Health, Healthy Recipes

Nutrition Information

Serving Size: 1 burrito, 1/4 of recipe

Nutrients Amount

Calories 146

Total Fat 1 g

Saturated Fat 0 g

Cholesterol 0 mg

Sodium 270 mg

Total Carbohydrate 28 g

Dietary Fiber 7 g

Total Sugars 3 g

Added Sugars included 0 g

Protein 7 g

Vitamin D 0 mcg

Calcium 88 mg

Iron 2 mg

Potassium 441 mg

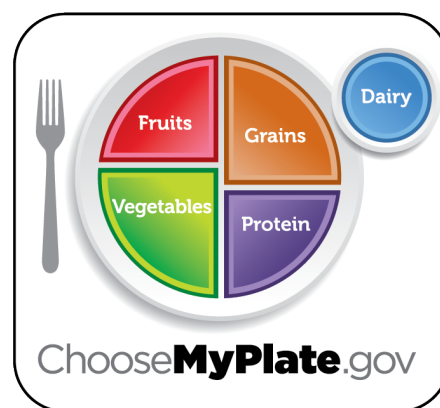
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MyPlate Food Groups

 Vegetables 3/4 cups

 Grains 1 ounce

 Protein Foods 1 1/4 ounces



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Quesadilla con Huevos



Makes: 4 servings

Tortillas, eggs, cheese, and salsa can be enjoyed at any meal. Enjoy this main dish with a salad and a piece of fruit for a well balanced lunch.

Ingredients

- 1/2 cup cheddar or cojack cheese (grated)
- 2 egg (scrambled)
- 4 flour tortillas (6 - 8 inch)
- 4 salsa (4 Tablespoons, optional)

Directions

1. Put 2 Tablespoons cheese and 1/4 of the scrambled eggs on each tortilla.
2. Heat 2 quesadillas at a time in microwave on high for 30 to 45 seconds or until cheese melts.
3. Top with salsa and fold tortilla in half to serve.

Source: Kansas Family Nutrition Program, [Kids a Cookin'](#)

Nutrition Information

Serving Size: 1 Quesadilla con Huevos, 1/4 of the recipe (85g)

Nutrients Amount

Calories 252

Total Fat 11 g

Saturated Fat 5 g

Cholesterol 108 mg

Sodium 448 mg

Total Carbohydrate 27 g

Dietary Fiber 2 g

Total Sugars 1 g

Added Sugars included 0 g

Protein 11 g

Vitamin D 1 mcg

Calcium 182 mg

Iron 2 mg

Potassium 127 mg

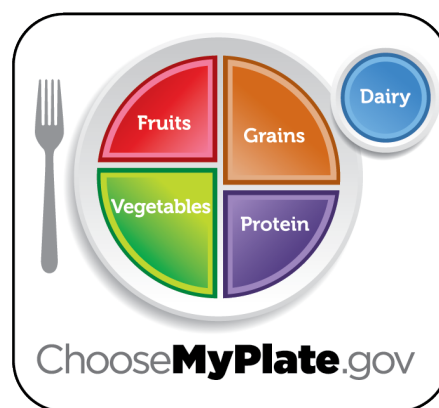
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MyPlate Food Groups

 Grains 1 3/4 ounces

 Protein Foods 1/2 ounces

 Dairy 1/3 cups



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Basic Quiche



Makes: 6 servings

You can vary this recipe by using whatever vegetables you have on hand (fresh, frozen, or canned)!

Ingredients

- 1 pie crust (baked, 9-inch)
- 1 cup vegetables (chopped, broccoli, zucchini, or mushrooms)
- 1/2 cup cheese (shredded)
- 3 egg (beaten)
- 1 cup milk (non-fat)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder

Directions

1. Preheat the oven to 375 degrees.
2. Shred the cheese with a grater. Put it in a small bowl for now.
3. Chop the vegetables until you have 1 cup of chopped vegetables.
4. Cook the vegetables until they are cooked, but still crisp.
5. Put the cooked vegetables and shredded cheese into a pie shell.
6. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
7. Pour the egg mix over the cheese and vegetables
8. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
9. Let the quiche cool for 5 minutes before serving

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network
Recetas del Sitio Web

Nutrition Information

Serving Size: 1 slice, 1/6 of recipe (128g)

Nutrients Amount

Calories 133

Total Fat 7 g

Saturated Fat 3 g

Cholesterol 104 mg

Sodium 338 mg

Total Carbohydrate 9 g

Dietary Fiber 2 g

Total Sugars 3 g

Added Sugars included 0 g

Protein 8 g

Vitamin D 1 mcg

Calcium 141 mg

Iron 1 mg

Potassium 170 mg

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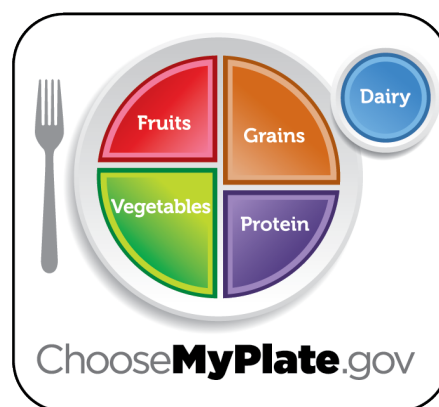
MyPlate Food Groups

 Vegetables 1/6 cups

 Grains 1/4 ounces

 Protein Foods 1/2 ounces

 Dairy 1/2 cups



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Awesome Granola



Makes: 12 servings

Learn to make your own granola in an oven, skillet, or even the microwave. It's easy and you can be creative with what you put in it.

Ingredients

- 3 cup oatmeal (uncooked)
- 1/2 cup coconut (shredded or flaked)
- 1 cup pecans (chopped, walnuts or peanuts)
- 1/4 cup honey
- 1/4 cup margarine (liquid)
- 1 1/2 teaspoon cinnamon
- 2/3 cup raisins

Directions

1. Heat oven to 350° F. Combine all ingredients in a large bowl, except raisins, mix well.
2. Bake in 13x9 inch baking pan at 350°F for 25- 30 minutes or until golden brown. Stir every 5 minutes.
3. Stir in raisins. Cool thoroughly. Store in tightly covered container.

Electric Skillet Instructions:

1. Combine all ingredients except raisins in a large microwave safe bowl; mix well.
2. Set electric skillet at 300° F and stir mixture constantly until lightly browned.
3. Place in a bowl and stir in raisins. Cool thoroughly.
4. Store in tightly covered container.

Microwave Instructions:

1. Combine all ingredients, except raisins in a large microwave safe bowl; mix well.
2. Place in 11x7 in glass baking dish.

Breakfast

3. Cook at HIGH about 8 minutes or until golden brown, stirring after every 2 minutes of cooking; stir in raisins.
4. Place onto un-greased cookie sheet or aluminum foil to cool. Cool thoroughly. Store in a tightly covered container.

Source: Texas AgriLife Extension,
Expanded Nutrition Program - Hidalgo County

Nutrition Information

Serving Size: 1/2 cup (54g)

Nutrients	Amount
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Calories	231
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Total Fat	13 g
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Saturated Fat	3 g
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Cholesterol	0 mg
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Sodium	37 mg
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Total Carbohydrate	27 g
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Dietary Fiber	3 g
---------------	-----

Total Sugars	11 g
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Added Sugars included	6 g
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Protein	4 g
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Vitamin D	0 mcg
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Calcium	24 mg
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Iron	1 mg
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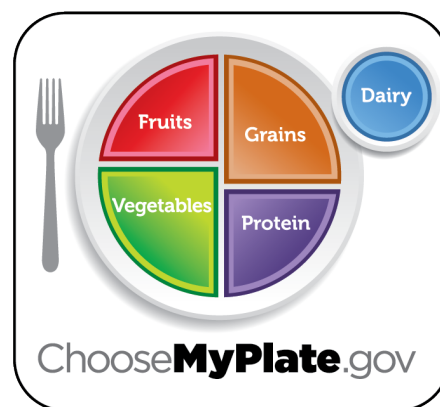
Potassium	190 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Grains	3/4 ounces
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 Protein Foods	3/4 ounces
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No Bake Breakfast Cookies



Makes: 12 servings

Sweet breakfast cookies that can be prepared in advance for breakfast on the go.

Ingredients

- 1/2 cup honey (or light corn syrup)
- 1/2 cup non-fat dry milk (instant)
- 1/2 cup raisins (or chopped dates)
- 1/2 cup creamy peanut butter
- 2 1/2 cup crushed flaked cereal

Directions

1. Heat honey and peanut butter in a medium saucepan over low heat. Stir until blended.
2. Remove from heat. Stir in dry milk.
3. Fold in cereal and raisins. Drop by heaping Tablespoons onto waxed paper to form mounds.
4. Cool to room temperature. Store in refrigerator.

Source: Montana State University Extension, Nutrition Education Programs, [Buy Better. Eat Better. recipes](#)

Nutrition Information

Serving Size: 2 cookies (40g)

Nutrients	Amount
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Calories	171
-----------------	------------

Total Fat	6 g
------------------	------------

Saturated Fat	1 g
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Cholesterol	1 mg
-------------	------

Sodium	58 mg
---------------	--------------

Total Carbohydrate	27 g
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Dietary Fiber	2 g
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Total Sugars	20 g
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Added Sugars included	13 g
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Protein	5 g
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Vitamin D	0 mcg
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Calcium	47 mg
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Iron	1 mg
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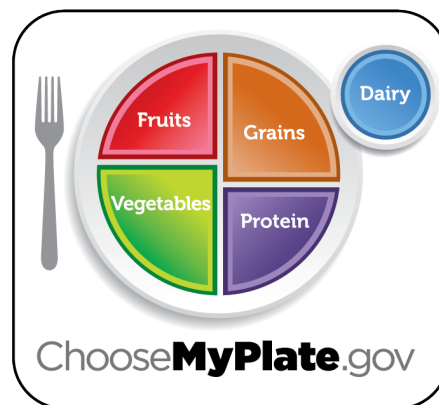
Potassium	216 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Grains 1/4 ounces

 Protein Foods 2/3 ounces



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Apple Oatmeal Muffins



Makes: 6 Muffins

Buy apples while they are in season and on sale and make batches of these muffins to put in the freezer for later. You can also substitute whole wheat flour to make your muffins heartier and more nutritious.

Ingredients

- 1/2 cup milk, non-fat
- 1/3 cup applesauce
- 1/2 cup flour, all-purpose
- 1/2 cup quick-cooking oats (uncooked)
- 1 cup sugar
- 1/2 tablespoon baking powder
- 1/2 teaspoon ground cinnamon
- 1 apple (tart, cored & chopped)

Directions

1. Preheat oven to 400°F.
2. Place 6 cupcake holders in baking tin.
3. In a mixing bowl, add milk and applesauce. Stir until blended.
4. Stir in flour, oats, sugar, baking powder, and cinnamon. Mix until moistened (do not over mix).
5. Gently stir in the chopped apples.
6. Spoon into cupcake holders.
7. Bake for 15-20 minutes or until an inserted toothpick comes out clean.
8. Cool in pan 5 minutes before serving. Store unused portions in an airtight container.

Source:

ONIE Project - Oklahoma Nutrition Information and Education. [Simple Healthy Recipes](#).

Nutrition Information

Serving Size: 1 muffin

Nutrients	Amount
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Calories	125
-----------------	------------

Total Fat	1 g
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Saturated Fat	0 g
---------------	-----

Cholesterol	0 mg
-------------	------

Sodium	133 g
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Total Carbohydrate	28 g
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Dietary Fiber	2 g
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Total Sugars	14 g
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Added Sugars included	9 g
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Protein	3 g
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Vitamin D	0 mcg
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Calcium	101 mg
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Iron	1 mg
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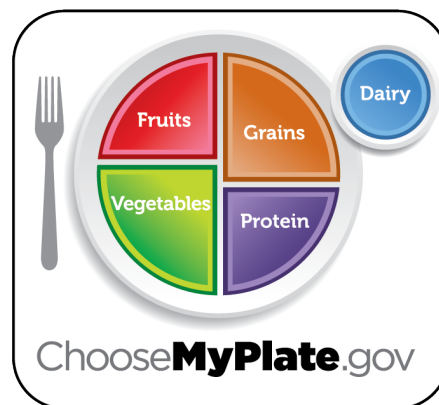
Potassium	105 mg
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MyPlate Food Groups

 Fruits 1/4 cups

 Grains 3/4 ounces



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Crunchy Berry Parfait



Makes: 1 Parfait

Prep Time: 7 minutes

So quick, so easy, and so delicious! This parfait is a favorite among kids and adults alike. Use soy yogurt instead of regular yogurt for those who can't have dairy.

Ingredients

- 1/2 cup yogurt, non-fat vanilla
- 1 cup blueberries or strawberries (fresh or frozen thawed)
- 1/2 cup low-fat granola (or crunchy cereal)

Directions

Spoon yogurt into glass, then top with fruit and granola.

Source: Saint Joseph College SNAP-Ed Nutrition Education Team (NET)

Nutrition Information

Serving Size: 1 parfait

Nutrients	Amount
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Calories	396
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Total Fat	4 g
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Saturated Fat	1 g
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Cholesterol	2 mg
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Sodium	197 mg
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Total Carbohydrate	86 g
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Dietary Fiber	7 g
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Total Sugars	50 g
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Added Sugars included	26 g
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Protein	11 g
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Vitamin D	2 mcg
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Calcium	217 mg
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Iron	3 mg
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Potassium	486 mg
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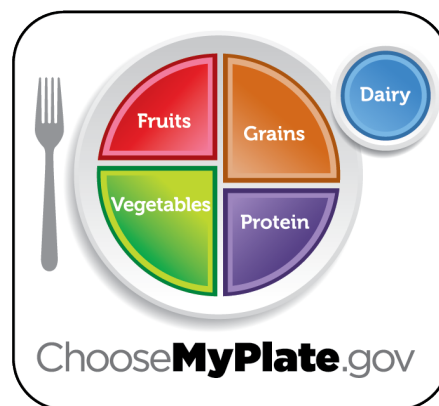
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MyPlate Food Groups

 Fruits 1 cups

 Grains 1 1/4 ounces

 Dairy 1/2 cups



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Herbed Spinach Quiche Portabella Caps



Makes: 4 Servings

Prep Time: 45 minutes

Here's a savory, healthful, time-saving twist to breakfast quiche. Use portabella mushroom caps instead of high-fat pie pastry to make individual quiches.

Ingredients

- 4 portabella mushrooms (3-inch diameter)
- cooking spray
- 3 large eggs
- 6 egg whites from 6 eggs
- 1/2 cup whole-wheat grated bread crumbs
- 1/4 cup nonfat milk
- 1 teaspoon low-sodium garlic & herb blend
- 1 cup cooked and drained, chopped, frozen spinach
- 1/4 cup reduced-fat Parmesan cheese, divided

Directions

1. Place oven rack in center of oven; preheat oven to 375 °F.
2. Remove portabella stems; wipe clean with damp paper towel.
3. Spray baking sheet with cooking spray, and place mushroom caps on baking sheet.
4. In a mixing bowl, whisk together all remaining ingredients, except 1 tbsp Parmesan cheese.
5. Coat 10-inch non-stick pan with cooking spray and heat over medium flame.
6. Cook and scramble egg mixture until it just starts to thicken. Remove from heat.
7. Using a large spoon, scoop partially cooked, hot egg mixture into portabella caps.
8. Sprinkle tops with remaining Parmesan cheese. Bake about 20 minutes.
9. Serve immediately.

Nutrition Information

Serving Size: 1/4 of the recipe

Nutrients	Amount
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Calories	190
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Total Fat	6 g
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Saturated Fat	2 g
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Cholesterol	145 mg
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Sodium	330 mg
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Total Carbohydrate	14 g
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Dietary Fiber	4 g
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Total Sugars	4 g
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Added Sugars included	1 g
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Protein	17 g
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Vitamin D	9 mcg
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Calcium	203 mg
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Iron	3 mg
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Potassium	648 mg
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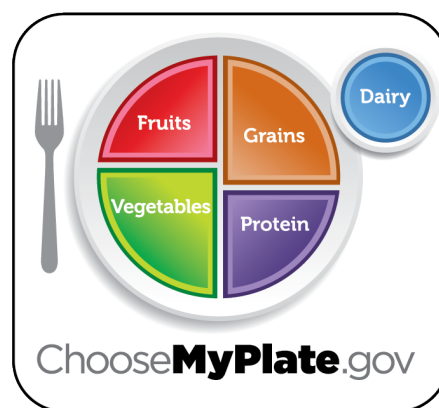
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MyPlate Food Groups

 Vegetables	1 1/4 cups
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 Protein Foods	2 ounces
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 Dairy	1/4 cups
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Ham and Swiss Breakfast Casserole



Makes: 6 Servings

This is a quick and easy ham, egg, and cheese casserole. Prepare it the night before and bake it in the morning for a hot meal for your family or guests.

Ingredients

- 6 ounce ham, thinly sliced, low sodium, extra lean (NOT honey-baked ham)
- 6 ounce Swiss cheese, shredded
- 3 slice enriched white bread
- 3 slice whole wheat bread
- 1 cup skim milk
- 2 large eggs
- 1 tablespoon yellow mustard
- 1/2 teaspoon "beau monde" seasoning (or alternate)
- 1/2 teaspoon Worcestershire sauce
- 1 teaspoon onion powder

Directions

1. Lightly spray an 8" x 8" baking pan with non-stick spray.
2. Lay 3 slices of bread in the bottom. Layer ½ the ham and ½ the cheese. Repeat layer of bread, ham and cheese.
3. Beat together remaining ingredients and pour over the casserole. Cover and refrigerate overnight.
4. Bake, uncovered, for 1 hour at 325 degrees F; serve hot.


Source: The "Grain Chain"

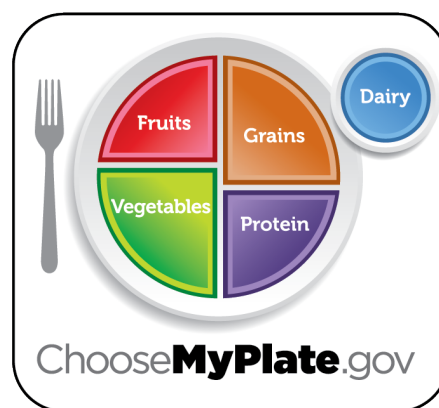
Nutrition Information

Nutrients	Amount
Calories	251
Total Fat	11 g
Saturated Fat	6 g
Cholesterol	112 mg
Total Carbohydrate	17 g
Dietary Fiber	2 g
Total Sugars	4 g
Added Sugars included	1 g
Protein	20 g
Vitamin D	1 mcg
Calcium	332 mg
Iron	2 mg
Potassium	245 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

	Grains	1 ounce
	Protein Foods	1 1/2 ounces
	Dairy	3/4 cups



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Whole Grain Strawberry Pancakes



Makes: 7 Servings

Whole wheat flour adds a nutty flavor and texture to these great-tasting pancakes. Dish these up with berries and a glass of milk on the side for a wholesome start to your day!

Ingredients

- 1 1/2 cup whole wheat flour
- 3 tablespoon sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3 eggs
- 1 container vanilla low-fat yogurt (6 oz)
- 3/4 cup water
- 3 tablespoon canola oil
- 1 3/4 cup sliced fresh strawberries
- 1 container strawberry low-fat yogurt (6 oz)

Directions

1. Heat griddle to 375°F or heat 12-inch skillet over medium heat. Grease with canola oil if necessary (or spray with cooking spray before heating).
2. In large bowl, mix flour, sugar, baking powder, baking soda and salt; set aside.
3. In medium bowl, beat eggs, vanilla yogurt, water and oil with egg beater or wire whisk until well blended.
4. Pour egg mixture all at once into flour mixture; stir until moistened.
5. For each pancake, pour slightly less than 1/4 cup batter from cup or pitcher onto hot griddle. Cook pancakes 1 to 2 minutes or until bubbly on top, puffed and dry around edges. Turn; cook other sides 1 to 2 minutes or until golden brown.
6. Top each serving (2 pancakes) with 1/4 cup sliced strawberries and 1 to 2 tablespoons strawberry yogurt.

Nutrition Information

Serving Size: 2 pancakes

Nutrients	Amount
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Calories	260
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Total Fat	9 g
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Saturated Fat	2 g
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Cholesterol	93 mg
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Sodium	390 mg
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Total Carbohydrate	36 g
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Dietary Fiber	4 g
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Total Sugars	16 g
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Added Sugars included	10 g
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Protein	9 g
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Vitamin D	1 mcg
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Calcium	144 mg
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Iron	2 mg
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Potassium	300 mg
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Note: only nutrients that are available will show on this display

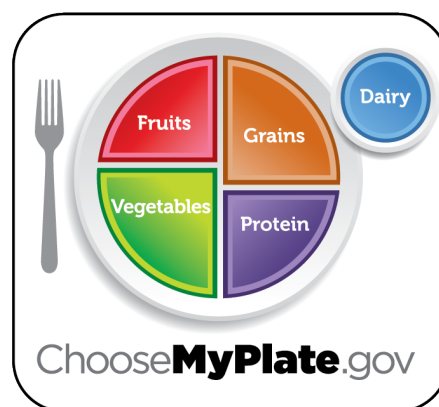
MyPlate Food Groups

 Fruits	1/4 cups
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 Grains	1 1/2 ounces
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 Protein Foods	1/2 ounces
---	------------

 Dairy	1/4 cups
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Avocado Breakfast Bruschetta



Makes: 4 Servings

Prep Time: 20 minutes

Start your day with a breakfast twist on classic bruschetta: avocados, tomato, hard-boiled egg, and ricotta with basil atop toasted rustic whole-grain bread.

Ingredients

- 1 ripe avocado
- 2 medium tomatoes
- 1 green onion
- 1/2 cup chopped fresh basil (plus 2 tbsp for garnish)
- 4 eggs (hard-boiled)
- 12 slices whole-wheat baguette bread
- 1/4 cup ricotta cheese (reduced-fat)
- cracked black pepper to taste

Directions

1. Dice avocado, tomatoes, and green onions.
2. Peel and chop hard-boiled eggs.
3. Reserving 2 tbsp. basil for garnish, gently toss first five ingredients in a small bowl. Add pepper to taste.
4. Toast baguette slices and smear with ricotta cheese.
5. Top with avocado mix and garnish with chopped basil.

Source: Produce For Better Health Foundation

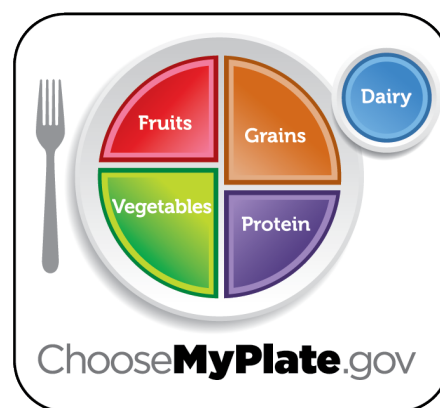
Nutrition Information

Nutrients	Amount
Calories	340
Total Fat	17 g
Saturated Fat	4 g
Cholesterol	190 mg
Sodium	434 mg
Total Carbohydrate	32 g
Dietary Fiber	9 g
Total Sugars	6 g
Added Sugars included	1 g
Protein	17 g
Vitamin D	1 mcg
Calcium	150 mg
Iron	3 mg
Potassium	525 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Vegetables	3/4 cups
 Grains	2 ounces
 Protein Foods	1 ounce



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Garden Frittata



Makes: 4 Servings

Prep Time: 25 minutes

This frittata with its blend of colorful vegetables and fresh eggs makes a deliciously nutritious single-dish meal for breakfast, brunch, or supper.

Ingredients

- 4 large eggs
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon salt
- 2 medium unpeeled red potatoes
- 1/2 tablespoon olive oil
- 4 cup Italian kale, or other kale variety
- 1/4 cup chopped onion
- 1/2 red bell pepper (chopped)

Directions

1. Beat eggs, pepper, and salt in large bowl, set aside.
2. Microwave potatoes until slightly soft, but not completely cooked, then cube. (Alternate method without microwave: cube potatoes and boil 5 minutes until slightly soft, drain)
3. Chop remaining vegetables while potatoes cool. Mix vegetables together.
4. Heat oil in a 10-inch non -stick skillet. Sauté vegetables for 5-8 minutes; add to eggs and mix well.
5. Pour egg-vegetable mixture into the same skillet. Cook over low to medium heat until eggs are almost set, about 8-10 minutes.
6. Cover and let sit until eggs are completely set, about 5 minutes. Egg dishes should be cooked to 160°F.

Source: Produce For Better Health Foundation

Nutrition Information

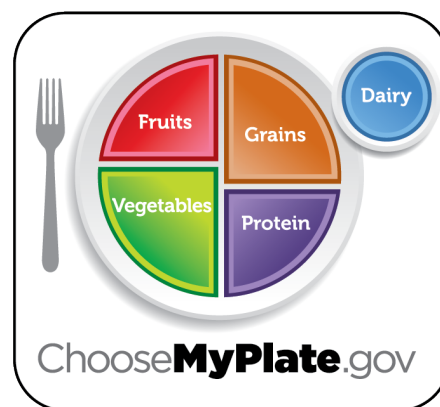
Nutrients	Amount
Calories	180
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	185 mg
Sodium	240 mg
Total Carbohydrate	22 g
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	9 g
Vitamin D	1 mcg
Calcium	80 mg
Iron	3 mg
Potassium	900 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Vegetables 1 1/4 cups

 Protein Foods 1 ounce



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Sweet Potato Hash with Egg



Makes: 4 Servings

Cook Time: 60 minutes

The unique hash is made with sweet potatoes sautéed with chicken sausage, onion, bell pepper and garlic. Top with a pan-fried egg for a delicious breakfast.

Ingredients

- 2 large sweet potatoes (cut into cubes, about 4 cups)
- 1 cup water
- 1 tablespoon vegetable oil
- 1 teaspoon vegetable oil
- 2 chicken sausages
- 1 small yellow onion (peeled and diced)
- 1 bell pepper (cored and diced)
- 2 clove garlic (peeled and minced)
- 4 large eggs

Directions

1. Put sweet potatoes and water in a skillet and bring to a boil over high heat.
2. Reduce heat to low and cook about 20 minutes, stirring occasionally, until the water has been absorbed by the sweet potatoes.
3. Add oil, sausage, onion, bell pepper and garlic to the skillet with the sweet potatoes. Cook about 20 minutes, stirring occasionally, until the onion is lightly browned and the sweet potatoes are tender.
4. Divide the hash between 4 plates and return the skillet to the stove.
5. Reheat the skillet over medium high heat and when it is hot, add the remaining 1 teaspoon oil.
6. Add the eggs, one at a time, and cook about 3-5 minutes until the whites are solid and the yolks begin to thicken but are not hard. Flip the egg and cook for one more minute.

7. Top sweet potato hash with an egg and serve right away.

Source: USDA Center for Nutrition Policy and Promotion

Nutrition Information

Serving Size: 3-4 ounce

Nutrients Amount

Calories 346

Total Fat 14 g

Saturated Fat 3 g

Cholesterol 252 mg

Sodium 405 mg

Total Carbohydrate 35 g

Dietary Fiber 6 g

Total Sugars 8 g

Added Sugars included 0 g

Protein 20 g

Vitamin D 1 mcg

Calcium 93 mg

Iron 4 mg

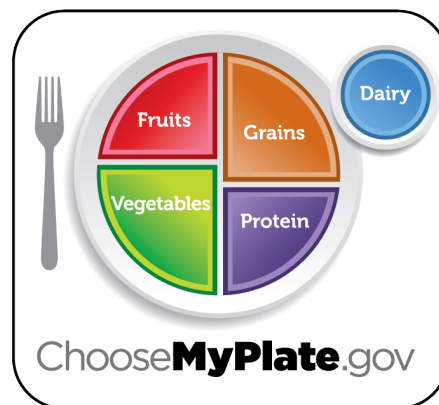
Potassium 864 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Vegetables 1 cup

 Protein Foods 2 1/2 ounces



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Overnight Oatmeal with Berries



Makes: 1 Serving

Prep Time: 15 minutes

A mixture of milk, yogurt and raspberries combine with dry oats to become a smooth make-ahead breakfast. Just mix and refrigerate overnight for the next day.

Ingredients

- 1/2 cup low-fat milk (or less for thicker oatmeal)
- 1/4 cup Greek yogurt, fat-free
- 2 teaspoon honey
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla extract
- 1/2 cup uncooked rolled oats
- 1/4 cup raspberries, frozen \t

Directions

1. Combine milk, Greek yogurt, sugar, cinnamon and vanilla extract in a container or jar with a lid.
2. Add oats and mix well.
3. Gently fold in raspberries.
4. Cover and refrigerate 8 hours to overnight.
5. Enjoy cold or heat as desired.

Source: USDA Center for Nutrition Policy and Promotion

Nutrition Information

Serving Size: 1 serving

Nutrients	Amount
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Calories	311
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Total Fat	4 g
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Saturated Fat	1 g
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Cholesterol	7 mg
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Sodium	86 mg
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Total Carbohydrate	53 g
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Dietary Fiber	9 g
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Total Sugars	21 g
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Added Sugars included	11 g
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Protein	17 g
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Vitamin D	1 mcg
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Calcium	268 mg
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Iron	2 mg
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Potassium	513 mg
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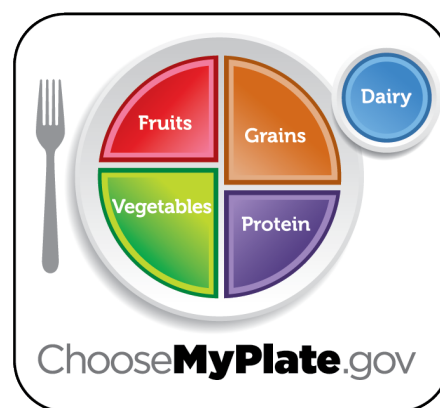
Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Fruits 1/4 cups

 Grains 1 1/2 ounces

 Dairy 3/4 cups



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Very Berry Smoothie



Makes: 2 Servings

This refreshing pineapple, banana and berry blend smoothie has 2 and 1/2 cups of fruit per serving.

Ingredients

- 1 cup frozen strawberries
- 1 cup frozen raspberries
- 1 cup pineapple chunks
- 1 banana
- 1 cup skim milk (or almond milk)
- 1 1/2 cup ice

Directions

1. Peel and slice the banana.
2. Gather all ingredients and combine in a blender.
3. Cover and blend until smooth.
4. Serve right away or pour into ice cube trays and freeze. During the week, pop out the cubes for a quick on-the-go breakfast.

Source:

USDA Center for Nutrition Policy and Promotion

Nutrition Information

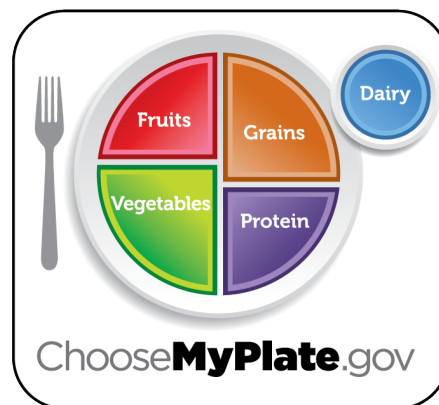
Nutrients	Amount
Calories	252
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	2 mg
Sodium	56 mg
Total Carbohydrate	59 g
Dietary Fiber	13 g
Total Sugars	37 g
Added Sugars included	0 g
Protein	7 g
Vitamin D	1 mcg
Calcium	215 mg
Iron	2 mg
Potassium	848 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Fruits 2 1/2 cups

 Dairy 1/2 cups



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Apple Wedges with Pumpkin Almond Butter



Makes: 4 Servings

Prep Time: 15 minutes

Breakfast is a snap with this simple dip, which can be made ahead of time and refrigerated. Enjoy with Golden Delicious or Granny Smith apple slices.

Ingredients

For the Dip:

- 1/2 cup pumpkin puree (canned or from scratch)
- 1/3 cup almond butter (or crunchy peanut butter)
- 2 tablespoon maple syrup
- 1/8 teaspoon cinnamon

Apple Slices:

- 24 slice golden delicious apple slices
- 24 slice granny smith apple slices

Directions

1. Mix together dip ingredients.
2. Serve with apple slices.

Source:

Produce for Better Health

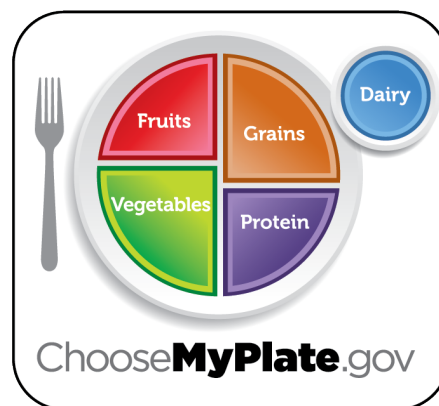
Nutrition Information

Nutrients	Amount
Total Fat	13 g
Cholesterol	0 mg
Total Sugars	24 g
Added Sugars included	7 g
Vitamin D	0 mcg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Fruits	1 1/4 cups
 Vegetables	1/4 cups
 Protein Foods	1 1/2 ounces



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