

Apple Oatmeal

A tasty recipe packed with good-for-you foods.

Makes 4 servings.

3/4 cup per serving. Prep time: 10 minutes Cook time: 2 minutes

Ingredients

1¾ cups 100% apple juice

- 1 cup quick cooking oats
- 1 large apple, cored and cut into bite-size chunks
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon salt (optional)

Preparation

- 1. Combine all ingredients in a medium, microwave safe bowl.
- 2. Place in microwave uncovered and cook on high for about 2 minutes.
- Stir and let cool for
 1 minute before serving.

Nutrition information per serving: Calories 157, Carbohydrate 34 g,

Dietary Fiber 4 g, Protein 3 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 78 mg

Breakfast Fruit Cup

Lowfat yogurt dresses up this tasty fruit cup.

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Makes 4 servings.

½ cup per serving.Prep time: 5 minutes

Ingredients

- 2 oranges, peeled, seeded, and sliced into bite-size pieces
- 1 medium banana, peeled and sliced
- 1 tablespoon raisins
- 1/3 cup lowfat vanilla yogurt
- 1/2 teaspoon ground cinnamon

Preparation

- 1. In a small bowl, combine fruit.
- 2. Divide fruit equally into 4 bowls.
- Put a rounded tablespoon of lowfat yogurt over fruit in each bowl, and sprinkle equal amounts of ground cinnamon before serving.

Nutrition information per serving: Calories 81, Carbohydrate 19 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 14 mg

BREAKFAST



Banana Berry Pancakes

This recipe promises to be a family favorite. Try fresh, canned, or frozen fruits for different flavors.

Makes 4 servings. 2 pancakes per serving. Prep time: 10 minutes Cook time: 10 minutes

Ingredients

- 1 large banana, peeled and sliced
- 1 cup complete pancake mix

1/2 cup water

nonstick cooking spray

Topping

- 1 cup unsweetened frozen strawberries, thawed and sliced
- 2 tablespoons orange juice

Preparation

- 1. Place bananas in a medium bowl and mash with a fork.
- 2. Add pancake mix and water; stir until blended.
- 3. Spray a large skillet with nonstick cooking spray and heat over medium heat.
- 4. Pour ¼ cup batter for each pancake into hot skillet. Cook pancakes for about 2 minutes per side until fully cooked.

Topping

- 1. To make the topping, spray a pan with nonstick cooking spray and heat over medium heat.
- 2. Cook berries and orange juice for 3 minutes or until the berries are soft.
- 3. Spoon topping over pancakes and serve.

Nutrition information per serving: Calories 109, Carbohydrate 24 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 182 mg





Ingredients

- $1/_2$ banana, peeled and sliced
- cup unsweetened frozen berries (strawberries, blueberries, and/or blackberries)
- 1/2 cup 1% lowfat or nonfat milk or soft tofu
- $\frac{1}{2}$ cup frozen orange juice concentrate

Preparation

- I. Place all ingredients in a blender container. Put lid on tightly.
- Blend until smooth. If mixture is too thick, add ¹/₂ cup cold water and blend again.
- 3. Pour into 2 glasses and serve.

Makes 2 servings. One serving equals 1¹/₃ cups. Preparation time: 5 minutes

COOKING CLUE:

Keep your leftover juice concentrate in the freezer for your next smoothie or add water to make it into juice.

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Ingredients

1¾ cups 100% apple juice

- 1 cup quick cooking oats
- 1 large apple, cored and cut into bite-size chunks
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon salt (optional)

Preparation

- 1. Combine all ingredients in a medium, microwave safe bowl.
- 2. Place in microwave uncovered and cook on high for about 2 minutes.
- Stir and let cool for
 1 minute before serving.

Nutrition information per serving: Calories 157, Carbohydrate 34 g,

Dietary Fiber 4 g, Protein 3 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 78 mg

Breakfast Fruit Cup

Lowfat yogurt dresses up this tasty fruit cup.

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Makes 4 servings.

½ cup per serving.Prep time: 5 minutes

Ingredients

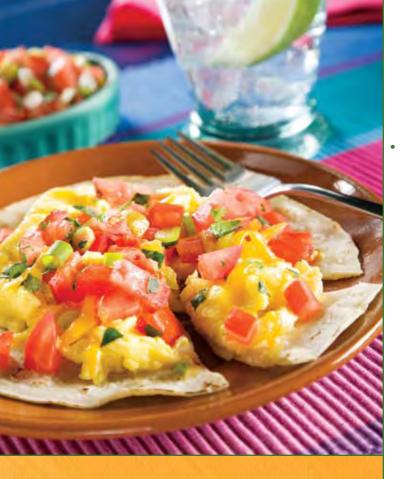
- 2 oranges, peeled, seeded, and sliced into bite-size pieces
- 1 medium banana, peeled and sliced
- 1 tablespoon raisins
- 1/3 cup lowfat vanilla yogurt
- 1/2 teaspoon ground cinnamon

Preparation

- 1. In a small bowl, combine fruit.
- 2. Divide fruit equally into 4 bowls.
- Put a rounded tablespoon of lowfat yogurt over fruit in each bowl, and sprinkle equal amounts of ground cinnamon before serving.

Nutrition information per serving: Calories 81, Carbohydrate 19 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 14 mg

BREAKFAST



A healthy version of a classic breakfast dish!

Makes 4 servings. 1 tortilla per serving.

Prep time: 15 minutes

Cook time: 15 minutes

Nutrition information per serving:

Calories 146, Carbohydrate 16 g, Dietary Fiber 3 g, Protein 13 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 255 mg

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Huevos Rancheros with Pico de Gallo

Ingredients

- 4 (6-inch) corn tortillas
 ½ tablespoon vegetable oil nonstick cooking spray
 1½ cups egg substitute
- 2 tablespoons shredded Cheddar or Monterey Jack cheese2 cups Pico de Gallo (see page 9)
 - 1/8 teaspoon ground black pepper

Preparation

- 1. Preheat oven to 450°F.
- 2. Lightly brush tortillas with oil on both sides and place on a baking sheet. Bake for 5 to 10 minutes or until tortillas are crisp on the edges and starting to brown. Remove from the oven and set aside.
- 3. Spray a large skillet with nonstick cooking spray.
- 4. Pour egg substitute into skillet. Cook over medium heat for 2 to 3 minutes until eggs are cooked through.
- 5. Place an equal amount of eggs on each tortilla and top each with $\frac{1}{2}$ tablespoon cheese.
- 6. Place under the broiler for about 2 minutes until cheese is melted. Spoon ½ cup Pico de Gallo on each tortilla and top with ground black pepper. Serve warm.



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Strawberry Smoothie

A cool start to your active day or an afternoon pick-me-up.

Mango Smoothie

A tropical twist for your morning.

Makes 3 servings.

¹ cup per serving. Prep time: 10 minutes

INGREDIENTS

- 1/2 cup 100% orange juice
- 1 large banana, peeled and sliced
- 1 cup fresh or frozen strawberries, thawed
- 1 cup lowfat vanilla vogurt
- 5 ice cubes

PREPARATION

- 1. Combine orange juice, banana, and half the strawberries into a blender container. Blend until smooth.
- 2. Add yogurt, remaining strawberries, and ice cubes. Blend until smooth. Serve immediately.

Nutrition information per serving: Calories 153, Carbohydrate 32 g, Dietary Fiber 3 g, Protein 5 g, Total Fat 1 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 4 mg, Sodium 57 mg

Makes 4 servings.

1 cup per serving. Pren time: 10 mil Prep time: 10 minutes

INGREDIENTS

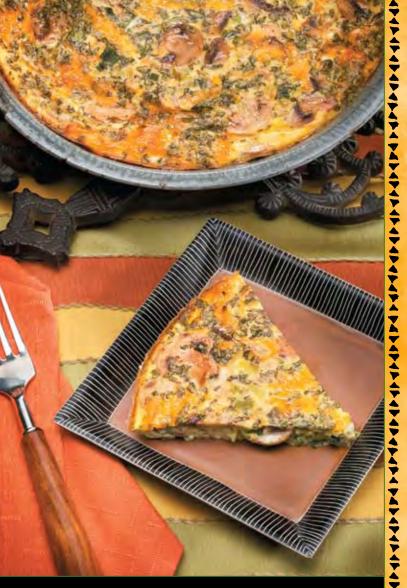
- 1 cup 100% orange juice
- 1 small banana, peeled and sliced
- 2 fresh mangos, peeled and chopped or 21/2 cups frozen mango chunks, thawed
- 5 ice cubes

PREPARATION

- 1. Combine orange juice, banana, and half the mango into a blender container. Blend until smooth.
- 2. Add remaining mango and ice cubes. Blend until smooth. Serve immediately.

Nutrition information per serving: Calories 120, Carbohydrate 30 g, Dietary Fiber 3 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg





BREAKFAST

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Makes 6 servings. 4-inch slice per serving. Prep time: 15 minutes Cook time: 1 hour

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Nutrition information per serving: Calories 58, Carbohydrate 4 g, Dietary Fiber 1 g, Protein 8 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 280 mg

Mushroom Quiche

Serve this dish with whole wheat toast and 100% orange juice for a balanced start to your day.

INGREDIENTS

nonstick cooking spray

- 1¼ cups sliced mushrooms
- 3 green onions, finely chopped
- 1 clove garlic, finely chopped
- 1½ teaspoons dried oregano
- 2 teaspoons dried basil
- 1/4 teaspoon salt
- 1 teaspoon dried marjoram

PREPARATION

- 1/4 teaspoon dried thyme
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon dried mustard
- 1 cup egg substitute
- 3/4 cup nonfat milk
- 1/2 cup shredded lowfat Cheddar cheese
- 1. Place an oven rack in the lower third of the oven. Preheat oven to $375^\circ\mathrm{F.}$
- 2. Spray a large skillet with nonstick cooking spray and heat over medium-high heat.
- 3. Sauté mushrooms, green onions, and garlic until tender, about 5 minutes.
- 4. Stir in oregano, basil, salt, marjoram, thyme, ground black pepper, and dry mustard. Cook until liquid is evaporated, about 2 minutes.
- 5. Let the mushroom mixture cool for about 5 minutes.
- 6. In a medium bowl, combine egg substitute, milk, and cheese; beat well.
- 7. Combine the batter with the mushroom mixture and pour into a 10-inch pie dish.
- 8. Bake for 35 to 45 minutes until filling is puffed, set, and starting to brown. Serve while hot.



A special morning treat for you and your family. Add a sprinkle of granola for more crunch.

Makes 4 servings. 1/2 ripe papaya per serving.

Prep time: 10 minutes

Nutrition information per serving:

Calories 195, Carbohydrate 46 g, Dietary Fiber 6 g, Protein 5 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 2 mg, Sodium 40 mg

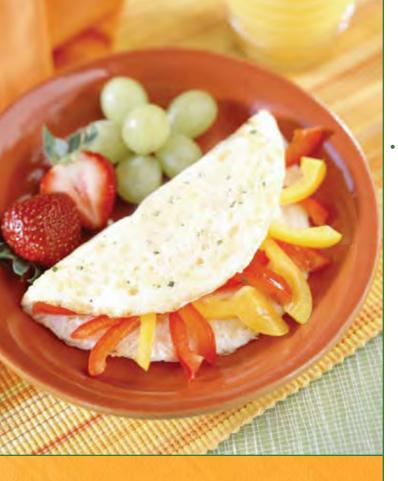
Papaya Boats

Ingredients

- 2 papayas, rinsed and peeled
- 1 medium banana, peeled and sliced
- 1 kiwifruit, peeled and sliced
- 1 cup sliced strawberries
- Preparation

- 1 (11-ounce) can mandarin oranges, drained
- 3/4 cup lowfat vanilla yogurt
- 1 tablespoon honey*
- 2 teaspoons chopped fresh mint (optional)
- 1. Cut papayas in half lengthwise. Scoop out seeds. Place each half on a medium plate.
- 2. Place an equal amount of banana, kiwifruit, strawberries, and oranges in each papaya half.
- 3. Combine yogurt, honey and mint; mix well. Spoon over fruit before serving.





Colorful red and yellow bell peppers add a healthy twist to this breakfast staple.

Makes 2 servings. 1 omelet per serving.

Prep time: 10 minutes Cook time: 15 minutes

Nutrition information per serving:

Calories 101, Carbohydrate 8 g, Dietary Fiber 2 g, Protein 9 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 2 mg, Sodium 145 mg

Red and Yellow Bell Pepper Omelets

Ingredients

- 1 teaspoon olive oil
- 1 large red bell pepper, seeded and thinly sliced
- 1 large yellow bell pepper, seeded and thinly sliced
- 4 egg whites

Preparation

- ½ teaspoon dried basil
 ¼ teaspoon ground black pepper nonstick cooking spray
 2 teaspoons grated Parmesan cheese
- In a large nonstick pan over medium heat, warm oil; add red and yellow bell peppers and cook, stirring frequently for 4 to 5 minutes. Keep warm over low heat.
- 2. In a small bowl, lightly whisk together egg whites, basil, and ground black pepper.
- 3. Coat a small nonstick pan with nonstick cooking spray. Warm over medium-high heat for 1 minute. Add half of the egg mixture, swirling the pan to evenly coat the bottom. Cook for 30 seconds or until the eggs are set.
- 4. Carefully loosen and flip. Cook for 1 minute or until firm.
- Sprinkle half of the red and yellow bell peppers over the eggs. Fold to enclose the filling. Transfer to a plate. Sprinkle with 1 teaspoon Parmesan cheese.
- 6. Repeat with the remaining egg mixture, peppers, and cheese. Serve hot.



A quick and easy solution for a healthy morning meal.

Makes 2 servings. 1 cup per serving.

Prep time: 5 minutes Cook time: 10 minutes

Nutrition information per serving: Calories 253, Carbohydrate 48 g, Dietary Fiber 15 g, Protein 15 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 112 mg

Simmered Beans with Roasted Bell Peppers

Ingredients

- 2 cups Simmered Beans, using pinto beans (see page 10)
- 1 cup finely chopped roasted green bell peppers (see page 13)

1 teaspoon crushed red chili peppers

Preparation

- 1. In a medium saucepan, mix all ingredients.
- 2. Cook over medium heat for 10 minutes. Serve.



Sweet Potato Hash

This savory and sweet side dish is sure to be a breakfast favorite.

INGREDIENTS

- 1/4 cup vegetable oil
- 2 cups frozen or fresh chopped bell peppers and onions
- 2 pounds sweet potatoes (about 2 medium sweet potatoes), peeled and cut into small cubes
- 1 teaspoon cumin
- 1 teaspoon salt
- 1 teaspoon red pepper flakes

PREPARATION

- 1. Heat oil in a large skillet over medium-high heat.
- 2. Sauté bell peppers and onions until tender, about 5 minutes.
- 3. Add remaining ingredients and reduce heat to medium.
- 4. Cook for 20 to 25 minutes, stirring every 2 to 3 minutes. Sweet potatoes may begin to stick to the skillet, but continue to stir gently until they cook through. Serve while hot.

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BREAKFAST

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Nutrition information per serving: Calories 244, Carbohydrate 38 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 9 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 407 mg



Tomato and Garlic Omelet

This unique omelet includes vegetables and whole wheat bread for a balanced breakfast.

Makes 1 serving. 1 omelet per serving. Prep time: 10 minutes Cook time: 30 minutes

Ingredients

- $\frac{1}{2}$ slice whole wheat bread
- 1/2 teaspoon olive oil
- 1 clove garlic, finely chopped
 - nonstick cooking spray
- 3/4 cup egg substitute

Preparation

- 1. Preheat oven to 300°F.
- 2. Cut the bread into cubes; toss with oil and garlic in a small bowl. Spread the cubes in a single layer on a baking sheet and toast in the oven for 15 to 25 minutes, or until golden brown, tossing once or twice. Transfer to a plate to cool.
- 3. Spray a medium pan with nonstick cooking spray and heat over medium-high heat. Pour in egg substitute.
- 4. When the egg begins to set, spread evenly across the bottom of the pan and reduce the heat to low.
- 5. Once the top layer of egg is almost cooked, sprinkle the cheese and basil on top and scatter the tomatoes and bread over half of the omelet; fold the unfilled omelet half over the filling. Slide the omelet on a plate and serve.

Nutrition information per serving: Calories 235, Carbohydrate 18 g, Dietary Fiber 5 g, Protein 27 g, Total Fat 7 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 8 mg, Sodium 506 mg



1 large tomato, chopped 1 teaspoon dried basil

cheese

2 tablespoons grated

part-skim Mozzarella



Papaya Boats

A special morning treat for you and your family. Add a sprinkle of granola for more crunch.

Makes 4 servings.

1/2 ripe papaya per serving.Prep time: 10 minutes

Ingredients

- 2 papayas, rinsed and peeled
- 1 medium banana, peeled and sliced
- 1 kiwifruit, peeled and sliced
- 1 cup sliced strawberries
- 1 (11-ounce) can mandarin oranges, drained
- 3/4 cup lowfat vanilla yogurt
- 1 tablespoon honey*
- 2 teaspoons chopped fresh mint (optional)

Preparation

- Cut papayas in half lengthwise. Scoop out seeds. Place each half in a medium plate.
- 2. Place an equal amount of banana, kiwifruit, strawberries, and oranges in each papaya half.
- Combine yogurt, honey and mint; mix well. Spoon over fruit before serving.

Nutrition information per serving: Calories 195, Carbohydrate 46 g, Dietary Fiber 6 g, Protein 5 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 2 mg, Sodium 40 mg

Tropical Eye Opener

A refreshing mixture of fruit, juice, and frozen yogurt for a meal on the go.

Makes 4 servings.

1 cup per serving. Prep time: 5 minutes

Ingredients

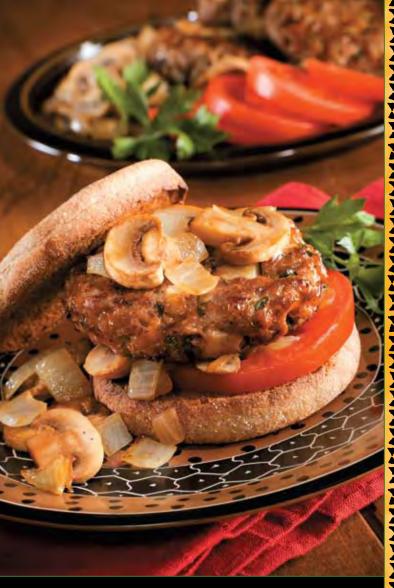
- 1 mango, peeled, seeded, and cut into chunks
- 1 large banana, peeled and sliced
- 1 cup undrained pineapple chunks*
- 3/4 cup lowfat vanilla frozen yogurt
- 1 cup ice cubes

Preparation

- 1. Combine all ingredients in a blender container. Blend until mixture is smooth
- 2. Pour into glasses and serve.

Nutrition information per serving:

Calories 151, Carbohydrate 35 g, Dietary Fiber 2 g, Protein 3 g, Total Fat 1 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 31 mg





BREAKFAST

Makes 6 servings. 1 patty per serving. Prep time: 5 minutes Cook time: 25 minutes

Nutrition information per serving: Calories 256, Carbohydrate 35 g, Dietary Fiber 6 g, Protein 19 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 38 mg, Sodium 459 mg

Turkey Apple Sausage Breakfast Sandwiches

Get a head start on dinner! Set aside 2 sausage patties to make the Dirty Rice and Blackeye Peas recipe from page 32.

INGREDIENTS

Turkey Apple Sausage

- 1 pound ground turkey
- 1 red delicious apple, peeled, cored, and chopped
- 2 large cloves garlic, finely chopped and divided into 2 portions
- 1/2 teaspoon dried thyme
- 1/4 teaspoon red pepper flakes
- 1 teaspoon dried sage

- 1/4 teaspoon ground black pepper
- 1% teaspoon ground coriander nonstick cooking spray

Breakfast Sandwich

2½ cups chopped mushrooms1½ cups chopped onions6 whole wheat English muffins6 slices tomato

PREPARATION

- 1. In a large bowl, combine turkey, apple, one garlic clove, thyme, red pepper flakes, sage, ground black pepper, and coriander; mix well.
- 2. Form the turkey mixture into 8 patties (set aside 2 patties for the Dirty Rice and Blackeye Peas recipe on page 32).
- 3. Spray a large skillet with nonstick cooking spray and heat over medium heat.
- 4. Cook patties until they are cooked through, about 5 to 7 minutes per side. Set aside.
- 5. Spray the skillet with nonstick cooking spray and sauté the remaining garlic for 3 minutes.

continued on following page



Turkey Apple Sausage Breakfast Sandwiches (continued)

PREPARATION

- 6. Add mushrooms and onions. Sauté until the mushrooms are tender and onions begin to brown, about 5 minutes.
- Cut each English muffin in half. Place a Turkey Apple Sausage patty, % cup of mushroom-onion mixture, and a slice of tomato on 6 English muffin halves.
- 8. Cover each sandwich with the other English muffin half and enjoy!

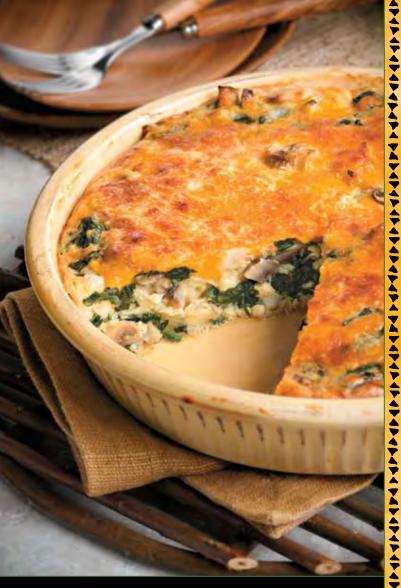
BREAKFAST

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Makes 6 servings. 1 patty per serving. Prep time: 5 minutes Cook time: 25 minutes

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Nutrition information per serving: Calories 256, Carbohydrate 35 g, Dietary Fiber 6 g, Protein 19 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 38 mg, Sodium 459 mg



BREAKFAST

Makes 8 servings. 4-inch slice per serving. Prep time: 15 minutes Cook time: 50 minutes

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Nutrition information per serving:, Calories 128, Carbohydrate 15 g, Dietary Fiber 3 g, Protein 9 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 4 mg, Sodium 537 mg

Vegetable Brunch Pie

Who knew your children could love eating cauliflower?

INGREDIENTS

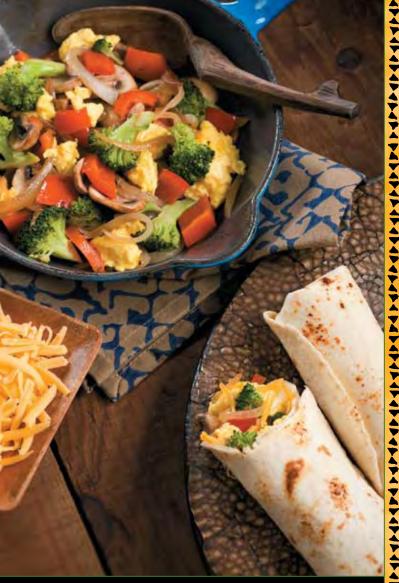
nonstick cooking spray

- 2¼ cups chopped cauliflower florets
 - 1 tablespoon vegetable oil
 - 1 medium onion, chopped
- 1 (8-ounce) package mushrooms, sliced
- 4½ cups (about 6 ounces) of beet, mustard, or collard greens, finely chopped
- 1/2 teaspoon garlic powder

PREPARATION

- 1/2 teaspoon onion powder
- 1 teaspoon brown sugar
- 1/2 teaspoon salt
- 1% teaspoon ground cayenne pepper
- 3/4 cup shredded lowfat Cheddar cheese
- 1 cup lowfat milk
- 34 cup egg substitute
- ³/₄ cup baking mix
- 1. Place an oven rack in the middle of the oven. Preheat oven to 375°F.
- 2. Spray a 10-inch pie dish with nonstick cooking spray and set aside.
- In a microwave safe bowl, microwave cauliflower on high for 3 minutes, or steam it on the stovetop.
- 4. Pour vegetable oil into a 12-inch skillet and heat over medium heat.
- 5. Sauté onion and mushrooms until tender, about 5 minutes.
- Add greens, garlic powder, onion powder, brown sugar, salt, and cayenne pepper. Sauté for another 3 minutes until greens are wilted.
- 7. Stir the cooked cauliflower into the greens mixture and place in the pie dish. Sprinkle with cheese.
- 8. In a medium bowl, combine milk, egg substitute, and baking mix. Whisk until well blended and pour over vegetable mixture.
- 9. Bake 30 to 35 minutes or until golden brown. Serve while hot.

Adapted from recipe courtesy of Cut 'n Clean Greens.



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Makes 2 servings. 1 wrap per serving. Prep time: 5 minutes Cook time: 10 minutes

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Nutrition information per serving: Calories 191, Carbohydrate 19 g, Dietary Fiber 4 g, Protein 21 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 537 mg

Veggie Scramble Wraps

Great for breakfast on the go. Make it your way by using your favorite mix of vegetables.

(1)

INGREDIENTS

nonstick cooking spray

- 1 cup chopped fresh or frozen vegetables (bell peppers, onions, broccoli, and mushrooms)
- 1 cup egg substitute
- 2 (6-inch) flour tortillas
- 1/4 cup grated lowfat Cheddar cheese

PREPARATION

- 1. Spray a medium skillet with nonstick cooking spray and heat over medium heat.
- 2. Cook vegetables until tender, about 5 minutes.
- Add egg substitute and stir until thoroughly cooked, about 5 minutes.
- 4. Warm the tortillas in the microwave for 5 to10 seconds.
- 5. Place half of the egg mixture in each tortilla and sprinkle with cheese.
- 6. Wrap the tortilla around the egg mixture and enjoy.

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