

Shopping List: 3 Quick and Filling Breakfasts

Fresh Produce

1 large apple

Frozen

1 cup fresh or frozen vegetables (bell peppers, onions, broccoli, mushrooms)

Dry Goods

1 cup quick-cooking oats

2 flour tortillas

1³/₄ cups of natural apple juice

Dairy

¹/₄ cup low-fat cheddar cheese

6 large eggs

Pantry Staples

Add items to list if you don't already have them

Salt

Pepper

Ground Cinnamon

Nonstick cooking spray, oil or butter

Oatmeal with Apples

A delicious recipe with nutritious ingredients.

Makes 4 servings. $\frac{3}{4}$ cup per serving.

Ready in 12 minutes.

Ingredients

1 $\frac{3}{4}$ cup 100% natural apple juice

1 cup quick-cooking oats

1 large apple, seedless, cut into small chunks

$\frac{1}{2}$ tsp ground cinnamon

$\frac{1}{8}$ tsp salt *optional*

Directions

1. In a medium-sized microwave mixing bowl, mix all the ingredients.
2. Place the container without lid in the microwave oven and cook at high temperature for approximately 2 minutes.
3. Stir and let it cool for 1 minute before serving.

Nutrition information per serving: Calories 157, Total fat 1g, Saturated fat 0g, Carbohydrates 34g, Protein 3g, Fiber 4g, Sodium 78mg

Recipe Source: Nutrition Education and Obesity Prevention Branch (NEOPB)

Veggie Scramble Wraps

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

Makes 2 servings. 1 wrap per serving.
Ready in 15 minutes.

Ingredients

nonstick cooking spray

1 cup chopped fresh or frozen vegetables (bell peppers, onions, broccoli, and mushrooms)

1 cup egg substitute (or 4 eggs)

2 (6-inch) flour tortillas

¼ 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.
3. Add egg substitute and stir until thoroughly cooked, about 5 minutes.
4. Warm the tortillas in the microwave for 5 to 10 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.

Nutrition information per serving: Calories 191, Total fat 4g, Saturated fat 1g, Carbohydrates 19g, Protein 21g, Fiber 4g, Sodium 537mg

Recipe Source: Nutrition Education and Obesity Prevention Branch (NEOPB)

One-Mug Omelette

You may need to cook this recipe for more or less time depending on your microwave.

Makes 1 serving. 1 mug omelette per serving.
Ready in 5 minutes.

Ingredients

Oil, butter, or cooking spray for greasing
1 large egg
2 Tbsp milk or water
Salt and black pepper to taste

Optional Additions

Diced onion
Diced bell pepper
Cooked broccoli or spinach, chopped
Diced ham
Cooked bacon or sausage pieces
Shredded cheese
Dried herbs, such as oregano or basil

Directions

1. Grease a mug with cooking spray, oil, or butter.
2. In a bowl, use a fork to beat the egg, milk or water, salt, and pepper.
3. Mix in your choice of additions.
4. Pour the mixture into the mug.
5. Microwave for 2 minutes. Check that egg is fully cooked and not wet. If it's still wet, microwave for an additional minute.

Nutrition information per serving (without additions): Calories 107, Total fat 7g, Saturated fat 2g, Carbohydrates 1g, Protein 7g, Fiber 0g, Sodium 85mg

Recipe Source: Leah's Pantry