



Operation Threshold WIC Recipe of the Month

April 2011

Healthy Breakfast Tips

Each of the items below is lower in calories and fat. They will also save you money on your grocery bill due to less processed foods.



Homemade Instant Oatmeal

Oatmeal is high in fiber and it takes longer to digest, making you feel full longer. This recipe is for one serving of instant oatmeal. It may be convenient for you to grind up some ground oats into a powder, using a blender or food processor, beforehand so you can use them as needed.

Ingredients - makes one serving

- 1/4 cup Quick Oats
- 2 Tbsp powdered oats
- 1/8 tsp salt

Directions

1. Place all ingredients in a bowl.
2. Add boiling water to desired thickness.
3. Let thicken for 2 minutes then, enjoy.



Fast Food Breakfast Sandwiches

- Fast Food could be loaded with saturated fats that can harm your heart.
- Can be expensive if you visit often.

The following recipe is a healthier choice and takes just a little more time to fix than sitting in line at the drive-thru.

Alternative Breakfast Sandwich

It will save time if you hard-boil your eggs ahead of time, a day or two in advance.

Ingredients

- 1 whole grain English Muffin, toasted
- 1 slice low-fat cheese
- 1 hard-boiled egg, sliced
- 1 slice veggie Canadian bacon (optional) or
- 1 slice smoked turkey breast, sliced thick (optional)
- 1 Tbsp olive oil



Directions:

1. Heat oil in a non-stick skillet.
2. Heat your turkey breast in the skillet, flipping once, until crispy on the edges.
3. Right before turkey is done, toast English muffin.
4. Assemble your sandwich. Place your turkey on top of the bottom layer of the English muffin, follow that with your egg, then your slice of cheese, then the top of your English Muffin.

Bagel and Cream Cheese

Instead of a regular bagel, try a whole grain English muffin covered with real fruit jam. A bagel may seem healthy; however, even if eaten plain, they are high in calories.

Breakfast Burrito

Fried eggs and bacon contain high amounts of cholesterol and fat, which can lead to heart disease. A breakfast burrito is filling, high in protein and low-fat, offering you a more nutritious meal while saving money by making this at home. In addition, large batches could be made and frozen for a quick breakfast when you are low on time, but high on hunger.

Ingredients

- 4 corn tortillas
- 1 can black beans, drained well
- 3 eggs
- shredded cheese (optional)
- 1 small onion (optional)
- 1 can green chilies (optional)
- salsa (optional)



Directions:

1. Sauté the onions and peppers for about 5 minutes.
2. Add the eggs to the pan and cook until eggs are done.
3. Lightly oil a separate pan, and warm the tortillas.
4. Add the beans to the egg mixture and cook until heated.
5. Fill the tortilla with your bean and egg mixture, and add cheese if using.
6. Serve with salsa on top, if desired.

Source: www.brighthub.com