

Captain CREATE Recipes to Try at Home

INGREDIENTS

- 1 whole wheat bagel
- 2 low fat mozzarella cheese slices
- 2 reduced sodium ham slices
- 2 pineapple slices
- 8 spinach leaves
- 2 tomato slices

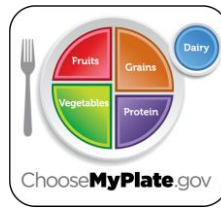
DIRECTIONS

Preheat Oven to 400 degrees F. Slice bagel through the middle to make rounds. Place ham slice, mozzarella cheese, and pineapple slice on each bagel. Place bagels on baking sheet and bake in the oven until bubbly and golden brown, about 5-10 minutes. Once removed from oven, place fresh spinach leaves and tomato slices on top.

Recipe created by Mary Anna Henke, Utah State University Create Better Health ambassador.



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Yummy Scrambled Eggs Breakfast Meal

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INGREDIENTS

- 6 eggs
- 1/3 cup reduced fat shredded cheese
- 6 tablespoons water
- 1/3 cup diced onion
- 1/3 cup small zucchini, shredded
- Pan spray
- 1/3 cup diced ham
- 3 slices of whole wheat toast
- 3 wedges of melon or fruit of your choice

DIRECTIONS

Crack eggs and place in medium bowl. Add water to eggs and whisk to make light and fluffy eggs. Pan spray medium skillet and place on medium high heat. Add onion and zucchini and stir until tender. Add ham and eggs and continue to stir. When eggs are cooked, stir in cheese and remove from heat. Serve with whole wheat toast and melon wedge or other fruit.

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