

Create a Breakfast (With My Plate)

1

Choose one main dish

- Pancakes
- Peach Overnight Oatmeal
- Breakfast Sandwich
- Yogurt Parfaits w/granola
- Crepes
- Applesauce
- Bread
- Veggie Frittata
- Smoothie
- Waffles
- Cold Cereal

2

Choose one grain (may be included in main dish)

- Whole wheat toast
- English Muffin
- Whole grain tortilla
- Granola

3

Choose one to three fruit and/or vegetable sides (some items may be in main dish)

- Grapes
- Berries
- Bell Pepper
- Tomato
- Apples
- Pears
- Mushroom
- Spinach
- Banana
- Fruit Cocktail

4

Choose a beverage

- Milk
- Water
- Smoothie

Directions

Select the recipe in each category to make a breakfast meal.

Breakfast Recipes

VEGGIE FRITTATA

- 1 tbsp. olive oil
- 2 cups of your favorite vegetables, diced
- 1/4 cup onion, chopped
- 2 garlic cloves, minced
- 1 tsp. thyme
- 1/2 tbsp. dried oregano
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 9 large eggs
- 1/2 cup shredded cheese, any type

Heat olive oil in a large skillet. Add veggies, onion, garlic, thyme, oregano, salt, and pepper. Cook until veggies are tender and liquid evaporates, about 10 minutes (depending on the vegetables). Whisk eggs in a medium bowl. Add cheese to eggs and stir to combine.

Pour eggs over vegetable mixture in skillet. Stir gently. Cover, reduce heat, and cook 15 minutes, or until the eggs are set in the center, or a food thermometer inserted in the eggs reaches 160°F. Cut into wedges and serve warm.

OMELETS (GARDEN STYLE)

- 2 eggs
- 2 tbsp. water
- 1/8 cup sliced mushrooms
- 1/4 green pepper, sliced
- 1/4 tomato, diced
- 1/8 cup sliced zucchini
- 1 tbsp. parmesan cheese

Crack eggs into bowl, add water, and whisk mixture vigorously to incorporate as much air into the eggs. Heat a nonstick skillet over medium-high heat until a drop of water sizzles. Spray pan with cooking spray and add eggs. Gently tilt pan so eggs are evenly distributed over the bottom of the pan. Let the eggs begin to set in the pan. Carefully push cooked edges toward the center of the pan and tilt pan to let any liquid run underneath. Repeat as needed until no liquid is left.

Add toppings of choice down the center of the omelet. Fold into thirds, and slide onto plate.

BREAKFAST SANDWICH

- 1 slice turkey bacon, each slice cut in half and cooked to your liking
- 1 English muffin, lightly toasted
- 2 tsp. olive oil
- 1 cup baby spinach (optional)
- 1 egg

Heat 1 tsp. olive oil in a large, deep skillet over medium-high heat and saute spinach until wilted. Set aside. In a large skillet over medium high heat, add remaining 1 tsp of olive oil. Carefully crack eggs into skillet and cook until whites are just set. Gently flip over and cook for another 30 seconds. Remove to a plate so they are ready for you to assemble the sandwiches. Assemble sandwiches as follows: muffin bottom, spinach (if using or other vegetables), egg, bacon, muffin top. Take a big bite as soon as possible!

PANCAKES

Pancake Mix

- 4 cups quick cooking oats
- 2 cups all-purpose flour
- 2 cups whole wheat flour
- 1 cup nonfat dry milk
- 3/4 cup sugar
- 2 tbsp. cinnamon
- 2 tsp. salt
- 5 tbsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. cream of tartar

Pancakes

- 2 eggs
- 3 tbsp. canola oil
- 1 cup water

To make the pancake mix: combine ingredients and stir to mix well. Put in large airtight container. Store in cool, dry place for up to 6 months.

To make the pancakes: in a medium bowl, beat eggs. Gradually add in canola oil. Stir in 2 cups of pancake mix and water. Mix to combine. Drop 1/4 cup of batter onto a lightly greased skillet over medium-high heat. When bubbles start to form on top of pancake, flip it over. Cook about 2-3 minutes longer until golden brown on both sides. Serve with sliced fruit if desired.

