



## Apple Oatmeal

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

**Makes 4 servings.**

*¾ 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

½ teaspoon ground cinnamon

⅛ 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.
3. 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.*

**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

⅓ cup lowfat vanilla yogurt

½ teaspoon ground cinnamon

### Preparation

1. In a small bowl, combine fruit.
2. Divide fruit equally into 4 bowls.
3. 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

# Banana Berry Dynamo

## Ingredients

- ½ banana, peeled and sliced
- 1 cup unsweetened frozen berries  
(strawberries, blueberries,  
and/or blackberries)
- ½ cup 1% lowfat or nonfat milk or soft tofu
- ½ cup frozen orange juice concentrate

## Preparation

1. Place all ingredients in a blender container. Put lid on tightly.
2. Blend until smooth. If mixture is too thick, add ½ cup cold water and blend again.
3. Pour into 2 glasses and serve.

**Makes 2 servings.**

**One serving equals 1 ½ 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.





# 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
- ½ 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



# Huevos Rancheros with Fresh Salsa

*A healthy version of a classic breakfast dish!*

**Makes 4 servings.** 1 tortilla per serving.

**Prep time:** 15 minutes **Cook time:** 15 minutes

## Ingredients

- |                            |  |
|----------------------------|--|
| 4 (6-inch) corn tortillas  | 2 tablespoons shredded Cheddar or Monterey Jack cheese |
| ½ tablespoon vegetable oil | 2 cups Fresh Salsa (see page 54)                       |
| nonstick cooking spray     | ⅛ teaspoon ground black pepper                         |
| 1½ cups egg substitute     |  |

## 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 ½ tablespoon cheese.
6. Place under the broiler for about 2 minutes until cheese is melted. Spoon ½ cup Fresh Salsa on each tortilla and top with ground black pepper. Serve warm.

**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



## Red and Yellow Bell Pepper Omelets

*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 91, Carbohydrate 9 g, Protein 8 g,  
Total Fat 3 g, Saturated Fat 1 g, Cholesterol 2 mg,  
Sodium 135 mg, Dietary Fiber 1 g

### Ingredients

- 1 teaspoon olive oil
- 1 red bell pepper, seeded and thinly sliced
- 1 yellow bell pepper, seeded and thinly sliced
- 4 egg whites
- ½ teaspoon dried basil
- ¼ teaspoon ground black pepper
- nonstick cooking spray
- 2 teaspoons grated Parmesan cheese

### Preparation

1. 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.
5. 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.





## Pancakes with Strawberries

*Try sliced apples, pears, or nectarines in the pancakes instead of strawberries.*

**Makes 4 servings.** 2 rolled pancakes per serving.

**Prep time:** 10 minutes

**Cook time:** 20 minutes

### **Nutrition information per serving**

Calories 291, Carbohydrate 55 g, Protein 6 g,  
Total Fat 6 g, Saturated Fat 3 g, Cholesterol 20 mg,  
Sodium 490 mg,\* Dietary Fiber 4 g

\*Exceeds 5 a Day nutrition criteria

### **Ingredients**

- 3 cups fresh or frozen strawberries
- ½ cup reduced sugar preserves, any flavor
- 2 cups fat free just-add-water buttermilk pancake mix
- ½ cup light sour cream or nonfat vanilla yogurt (optional)



### **Preparation**

1. In a large saucepan, mix berries and preserves. Cook over medium heat until slightly thickened, about 5 minutes. Set aside.
2. In a large bowl, combine pancake mix with water according to package directions. Add enough water to make a slightly thin batter.
3. Pour ⅓ cup batter onto hot griddle or into a large nonstick pan, allowing it to spread to about 5 or 6 inches. Cook until edges are dry. Flip over and cook until done. Repeat until all pancakes are cooked.
4. Place ¼ cup strawberry mixture in the center of each pancake. Roll up and transfer to serving plates.
5. Drizzle each pancake with remaining strawberry mixture. Top each pancake with 1 tablespoon sour cream or vanilla yogurt, if desired.





## Papaya Boats

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

### Makes 4 servings.

*½ 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
- ¾ cup lowfat vanilla yogurt
- 1 tablespoon honey\*
- 2 teaspoons chopped fresh mint (optional)

### Preparation

1. 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.
3. 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

\*Do not give honey to children under the age of one.

## 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\*
- ¾ 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

\*Canned fruit packed in 100% fruit juice.



# 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

- ½ slice whole wheat bread
- ½ teaspoon olive oil
- 1 clove garlic, finely chopped
- nonstick cooking spray
- ¾ cup egg substitute
- 2 tablespoons grated part-skim Mozzarella cheese
- 1 large tomato, chopped
- 1 teaspoon dried basil

## 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