

Seasonal Vegetable Frittata



INGREDIENTS

- 1½ Tbsp. olive oil
- 1 cup zucchini or squash, diced
- 1 small red bell pepper, diced
- ½ cup onion, diced
- ½ cup tomato, seeded and chopped
- 2 tsp. chopped fresh thyme (or ½ tsp. dried)
- ¼ tsp. salt
- ¼ tsp. freshly ground black pepper
- 2 garlic cloves, minced
- 2 cups baby spinach
- 8 large eggs
- ⅓ cup nonfat milk
- ¾ cup crumbled feta or shredded cheddar cheese



DIRECTIONS

1. Heat olive oil over medium heat in a 10-inch nonstick broiler-proof skillet. Sauté zucchini, bell pepper, onion, thyme, and garlic about 7 minutes or until softened. Stir in tomato and cook about 3 minutes. Add spinach and cook 2 more minutes or until liquid is mostly gone.
2. Beat eggs, milk, ¼ tsp. salt, ¼ tsp. black pepper in a medium bowl, whisking until frothy. Pour egg mixture into pan over vegetables, stirring gently. Sprinkle with cheese and then reduce heat. Cover pan and cook without stirring for about 15 minutes or until eggs are almost set in the center.
3. Set oven on broil. Broil frittata until set, about 3 minutes. Can broil on high for the final 1-2 minutes to get the frittata a nice golden brown. Let frittata rest for 5 minutes before inverting and slicing into 8 wedges.

NOTE: This frittata calls for summer vegetables, but you can add whatever vegetables are in season near you. Feel free to use 3-4 cups of the veggies of your choosing (just be sure to sauté them long enough)!

NUTRITION FACTS

4 servings

Calories: 286

Fat: 20 g

Sodium: 615 mg

Total Carbohydrate: 10 g

Dietary fiber: 2 g

Protein: 18 g

Tropical Fruit Slush



INGREDIENTS

- 1 ripe kiwi
- 1 cup strawberries, sliced
- 1 can (15 oz.) tropical fruit in juice (or any fruit in juice)
- 1½ cups ice

DIRECTIONS

1. Wash and slice berries. Peel and slice kiwi.
2. Place strawberries, kiwi and tropical fruit in juice in blender.
3. Add ice and blend until smooth.

NUTRITION FACTS *2 servings*

| | |
|---------------|--------------------------|
| Calories: 191 | Total Carbohydrate: 47 g |
| Fat: 0 g | Dietary fiber: 5 g |
| Sodium: 20 mg | Protein: 3 g |

Sweet Potato Breakfast Casserole



INGREDIENTS

- 8 oz. turkey or chicken sausage
(or vegetarian sausage)
- 4 cups shredded sweet potatoes (you can also finely chop them in food processor)
- ½ cup spreadable butter
(like Land O'Lakes® – ½ butter, ½ oil)
- 1 cup shredded, reduced fat cheddar/mozzarella blend
- ½ large onion, diced
- 3 cups finely chopped fresh spinach leaves
- 1 container (16 oz.) low fat small curd cottage cheese
- 8 medium eggs

DIRECTIONS

1. Preheat oven to 375 degrees. Lightly grease 9x13 pan.
2. Chop sausage into small pieces. Brown slightly in pan with onion. Mix sweet potatoes and butter together in bowl; evenly spread on bottom of prepared 9x13 inch pan.
3. Whisk eggs. Combine with the cheddar-mozzarella cheese blend, spinach, cottage cheese, and sausage/onion mixture in a large bowl. Pour over sweet potato layer.
4. Bake casserole in the preheated oven until a toothpick inserted in the center comes out clean and eggs are set, about 1 hour. Cool 5 minutes before serving.

NUTRITION FACTS *8 servings*

| | |
|----------------|--------------------------|
| Calories: 259 | Total Carbohydrate: 26 g |
| Fat: 10 g | Dietary fiber: 4 g |
| Sodium: 465 mg | Protein: 17 g |

Laura's Flourless Banana Muffins



INGREDIENTS

- 2 cups oats
- 2-3 ripe bananas
- 2 eggs
- ½ cup plain greek yogurt
- 3 Tbsp. honey
- 1½ tsp. baking powder
- ½ tsp. baking soda
- 1 tsp. vanilla
- ⅛ tsp. salt
- ½ cup blueberries or dark chocolate chips

NUTRITION FACTS

12 muffins
 Calories: 115
 Fat: 1.7 g
 Sodium: 95 mg
 Total Carbohydrate: 22.5 g
 Dietary fiber: 2.5 g
 Protein: 3.6 g

DIRECTIONS

1. Preheat oven to 375 degrees.
2. In a blender, pulse all ingredients except the blueberries or chocolate chips.
3. Blend until well combined. (You can mix by hand – just mash the bananas first before adding the other ingredients.)
4. Pour batter into a 12 cup muffin tin lined with paper cups or prepared with cooking spray. Press chocolate chips or berries into tops.
5. Bake for 15 minutes until the tops are puffy and golden.

Baked French Toast with Peaches

INGREDIENTS

- 1 large whole grain baguette (8-10 oz.)
- 5 large eggs
- 1½ cup nonfat milk
- 2 tsp. vanilla extract
- 4-5 cups frozen unsweetened sliced peaches, thawed
- ¼ cup firmly packed brown sugar
- ¼ tsp. ground cinnamon
- 1 cup plain nonfat yogurt, optional
- ½ cup pure maple syrup, optional

NUTRITION FACTS *6 servings*

Calories: 249 Total Carbohydrate: 38.1 g
 Fat: 4.1 g Dietary fiber: 5.7 g
 Sodium: 227 mg Protein: 12.1 g
 (nutrition facts do not include yogurt & syrup)

DIRECTIONS

1. Grease a 9x13 inch baking pan with cooking spray. Slice the baguette and arrange slices in a single layer in the pan.
2. Beat eggs. Whisk in milk, vanilla, and half the brown sugar. Pour over bread. Scatter the peach slices evenly over the bread. Sprinkle with the remaining brown sugar and cinnamon. Cover and refrigerate overnight (this step is not absolutely essential but preparing ahead allows bread to soften and soak up flavors).
3. Preheat the oven to 350 degrees. Uncover and bake until it is slightly puffed and the bread is golden brown, about 40 minutes. Top with yogurt and drizzle with maple syrup, if desired.

Oatmeal for One: 2 Ways



QUICK WARM OATMEAL

INGREDIENTS

- 1 cup water
- ½ cup old fashioned oats

DIRECTIONS

1. Place ingredients in a microwaveable bowl and mix together.
2. Microwave for 2½ minutes on high.
3. Add any mix-ins for preferred flavor.



OVERNIGHT COLD OATMEAL

INGREDIENTS

- ⅓ cup milk or milk substitute
- ⅓ cup old fashioned oats
- ⅓ cup yogurt, optional

DIRECTIONS

1. Place all ingredients and any mix-ins in a jar or sealable container and mix well.
2. Refrigerate overnight or at least 5 hours. Add more liquid if desired.

HEALTHY OATMEAL MIX-INS

- | | |
|--|---|
| ½ cup of fruit (berries or chopped apple) | Drizzle of honey or pure maple syrup |
| 2 Tbsp. dried fruit | ½ banana, mashed |
| ¼ tsp. cinnamon | 1-2 Tbsp. nut butter |
| 2 Tbsp. nuts | Sprinkle of granola |

Migas

INGREDIENTS

- 4 Corn tortillas
- 4 eggs, lightly beaten
- 2 cups diced vegetables, in season (such as tomatoes, peppers, onions, spinach, garlic, etc)
- 2 tsp. canola oil
- 4 Tbsp. shredded cheese of choice
- 1/8 tsp. salt



DIRECTIONS

1. Tear tortillas into strips. Heat oil in a medium skillet. Add tortillas and stir until strips begin to brown. Add vegetables and saute until soft. Add eggs and sprinkle with salt if needed. Stir until eggs are cooked and remove from heat. Sprinkle with grated cheese.

NUTRITION FACTS

4 servings
 Calories: 238
 Fat: 8 g
 Sodium: 224 mg
 Cholesterol: 220 mg
 Total Carbohydrate: 15 g
 Dietary fiber: 2 g
 Protein: 10 g

Asparagus and Mushroom Tofu Scramble

INGREDIENTS

- 1 1/2 lb. fresh asparagus, trimmed and cut to 1/2 inch pieces
- 1 medium onion, chopped
- 1/2 cup sliced, fresh mushrooms
- 1 Tbsp. canola oil
- 2 tsp. Dijon mustard
- 1 cup silken, firm tofu
- 1/4 cup minced fresh parsley
- 1/4 tsp. of each salt, pepper, garlic powder, dried basil, oregano, and sage

NUTRITION FACTS 4 servings
 Calories: 160 Total Carbohydrate: 20 g
 Fat: 5 g Dietary fiber: 7 g
 Sodium: 250 mg

DIRECTIONS

1. Add the oil to a large skillet and heat to medium. Sauté asparagus, mushroom, and onion until asparagus is tender-crisp. Add Dijon mustard and sauté to combine.
2. In a small bowl, mix dry ingredients until thoroughly combined. Sprinkle the mixture evenly over the vegetables and gently toss to coat.
3. Remove the tofu from the packaging and drain off any water. Crumble it into the skillet and gently mix, so as to not break the tofu down too much, until well combined. Leave the scramble over the heat until the tofu is heated through, about 2-3 minutes.

Banana Bread Granola – oil free**INGREDIENTS**

5 cups rolled oats
1 cup chopped walnuts
1½ tsp. cinnamon
3 bananas
¼ cup almond butter or tahini
½ cup maple syrup

DIRECTIONS

1. Preheat oven to 325 degrees.
2. Combine dry ingredients into a large mixing bowl and set aside.
3. Mash bananas in a separate bowl until smooth. Stir in the nut butter and syrup and beat until everything is well combined.
4. Pour the wet ingredients into the dry ingredients and stir well.
5. Separate the mixture onto 2 baking sheets and bake for 30-35 minutes until granola begins to brown. (Stir every 10 minutes to ensure even cooking).

NUTRITION FACTS 24 servings

Calories: 133

Total Carbohydrate: 18 g

Fat: 5 g

Protein: 3 g