



## 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 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

# 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.





## Apple Oatmeal

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

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*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



# Huevos Rancheros with Pico de Gallo

## Ingredients

- 4 (6-inch) corn tortillas
- ½ tablespoon vegetable oil
- nonstick cooking spray
- 1½ cups egg substitute
- 2 tablespoons shredded Cheddar or Monterey Jack cheese
- 2 cups Pico de Gallo (see page 9)
- ⅛ teaspoon ground black pepper

## 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 Pico de Gallo on each tortilla and top with ground black pepper. Serve warm.

*A healthy version of a classic breakfast dish!*

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

**Prep time:** 15 minutes

**Cook time:** 15 minutes

**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



## Strawberry Smoothie

*A cool start to your active day or an afternoon pick-me-up.*

**Makes 3 servings.**

*1 cup per serving.*



**Prep time:** 10 minutes

### INGREDIENTS

- ½ cup 100% orange juice
- 1 large banana, peeled and sliced
- 1 cup fresh or frozen strawberries, thawed
- 1 cup lowfat vanilla yogurt
- 5 ice cubes

### PREPARATION

1. Combine orange juice, banana, and half the strawberries into a blender container. Blend until smooth.
2. Add yogurt, remaining strawberries, and ice cubes. Blend until smooth. Serve immediately.

**Nutrition information per serving:** Calories 153, Carbohydrate 32 g, Dietary Fiber 3 g, Protein 5 g, Total Fat 1 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 4 mg, Sodium 57 mg

Adapted from recipe courtesy of BOND of Color.

## Mango Smoothie

*A tropical twist for your morning.*

**Makes 4 servings.**

*1 cup per serving.*



**Prep time:** 10 minutes

### INGREDIENTS

- 1 cup 100% orange juice
- 1 small banana, peeled and sliced
- 2 fresh mangos, peeled and chopped or 2½ cups frozen mango chunks, thawed
- 5 ice cubes

### PREPARATION

1. Combine orange juice, banana, and half the mango into a blender container. Blend until smooth.
2. Add remaining mango and ice cubes. Blend until smooth. Serve immediately.

**Nutrition information per serving:** Calories 120, Carbohydrate 30 g, Dietary Fiber 3 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg

Adapted from recipe courtesy of BOND of Color.



# Mushroom Quiche

Serve this dish with whole wheat toast and 100% orange juice for a balanced start to your day.



## INGREDIENTS

nonstick cooking spray	¼ teaspoon dried thyme
1¼ cups sliced mushrooms	¼ teaspoon ground black pepper
3 green onions, finely chopped	½ teaspoon dried mustard
1 clove garlic, finely chopped	1 cup egg substitute
1½ teaspoons dried oregano	¾ cup nonfat milk
2 teaspoons dried basil	½ cup shredded lowfat Cheddar cheese
¼ teaspoon salt	
1 teaspoon dried marjoram	

## PREPARATION

1. Place an oven rack in the lower third of the oven. Preheat oven to 375°F.
2. Spray a large skillet with nonstick cooking spray and heat over medium-high heat.
3. Sauté mushrooms, green onions, and garlic until tender, about 5 minutes.
4. Stir in oregano, basil, salt, marjoram, thyme, ground black pepper, and dry mustard. Cook until liquid is evaporated, about 2 minutes.
5. Let the mushroom mixture cool for about 5 minutes.
6. In a medium bowl, combine egg substitute, milk, and cheese; beat well.
7. Combine the batter with the mushroom mixture and pour into a 10-inch pie dish.
8. Bake for 35 to 45 minutes until filling is puffed, set, and starting to brown. Serve while hot.

**Makes 6 servings.** 4-inch slice per serving.  
**Prep time:** 15 minutes **Cook time:** 1 hour

**Nutrition information per serving:** Calories 58, Carbohydrate 4 g,  
Dietary Fiber 1 g, Protein 8 g, Total Fat 1 g, Saturated Fat 0 g,  
Trans Fat 0 g, Cholesterol 3 mg, Sodium 280 mg



# Papaya Boats

## Ingredients

- |                                    |  |
|------------------------------------|--|
| 2 papayas, rinsed and peeled       | 1 (11-ounce) can mandarin oranges, drained |
| 1 medium banana, peeled and sliced | $\frac{3}{4}$ cup lowfat vanilla yogurt    |
| 1 kiwifruit, peeled and sliced     | 1 tablespoon honey*                        |
| 1 cup sliced strawberries          | 2 teaspoons chopped fresh mint (optional)  |

## Preparation

1. Cut papayas in half lengthwise. Scoop out seeds. Place each half on 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.

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

**Makes 4 servings.**  *$\frac{1}{2}$  ripe papaya per serving.*

**Prep time:** 10 minutes

**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.





# Red and Yellow Bell Pepper Omelets

## Ingredients

- |  |                                    |
|--|------------------------------------|
| 1 teaspoon olive oil                                 | ½ teaspoon dried basil             |
| 1 large red bell pepper, seeded and thinly sliced    | ¼ teaspoon ground black pepper     |
| 1 large yellow bell pepper, seeded and thinly sliced | nonstick cooking spray             |
| 4 egg whites   | 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. Serve hot.

*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 101, Carbohydrate 8 g, Dietary Fiber 2 g, Protein 9 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 2 mg, Sodium 145 mg



# Simmered Beans with Roasted Bell Peppers

## Ingredients

- |   |                                      |
|---|--------------------------------------|
| 2 cups Simmered Beans, using pinto beans (see page 10)        | 1 teaspoon crushed red chili peppers |
| 1 cup finely chopped roasted green bell peppers (see page 13) |                                      |

## Preparation

1. In a medium saucepan, mix all ingredients.
2. Cook over medium heat for 10 minutes. Serve.

*A quick and easy solution for a healthy morning meal.*

**Makes 2 servings.** 1 cup per serving.

**Prep time:** 5 minutes

**Cook time:** 10 minutes

**Nutrition information per serving:**

Calories 253, Carbohydrate 48 g, Dietary Fiber 15 g, Protein 15 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 112 mg



# Sweet Potato Hash

*This savory and sweet side dish is sure to be a breakfast favorite.*



## INGREDIENTS

- |  |                              |
|--|------------------------------|
| ¼ cup vegetable oil  | 1 teaspoon cumin             |
| 2 cups frozen or fresh chopped bell peppers and onions                                   | 1 teaspoon salt              |
| 2 pounds sweet potatoes (about 2 medium sweet potatoes), peeled and cut into small cubes | 1 teaspoon red pepper flakes |

## PREPARATION

1. Heat oil in a large skillet over medium-high heat.
2. Sauté bell peppers and onions until tender, about 5 minutes.
3. Add remaining ingredients and reduce heat to medium.
4. Cook for 20 to 25 minutes, stirring every 2 to 3 minutes. Sweet potatoes may begin to stick to the skillet, but continue to stir gently until they cook through. Serve while hot.



**Makes 6 servings.** *1 cup per serving.*

**Prep time:** 10 minutes **Cook time:** 30 minutes

**Nutrition information per serving:** Calories 244, Carbohydrate 38 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 9 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 407 mg



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

## 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



## 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
- $\frac{3}{4}$  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\*
- $\frac{3}{4}$  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.



# Turkey Apple Sausage Breakfast Sandwiches

Get a head start on dinner! Set aside 2 sausage patties to make the Dirty Rice and Blackeye Peas recipe from page 32.



## INGREDIENTS

### *Turkey Apple Sausage*

- 1 pound ground turkey
- 1 red delicious apple, peeled, cored, and chopped
- 2 large cloves garlic, finely chopped and divided into 2 portions
- ½ teaspoon dried thyme
- ¼ teaspoon red pepper flakes
- 1 teaspoon dried sage

¼ teaspoon ground black pepper

⅛ teaspoon ground coriander  
nonstick cooking spray

### *Breakfast Sandwich*

- 2½ cups chopped mushrooms
- 1½ cups chopped onions
- 6 whole wheat English muffins
- 6 slices tomato

## PREPARATION

1. In a large bowl, combine turkey, apple, one garlic clove, thyme, red pepper flakes, sage, ground black pepper, and coriander; mix well.
2. Form the turkey mixture into 8 patties (set aside 2 patties for the Dirty Rice and Blackeye Peas recipe on page 32).
3. Spray a large skillet with nonstick cooking spray and heat over medium heat.
4. Cook patties until they are cooked through, about 5 to 7 minutes per side. Set aside.
5. Spray the skillet with nonstick cooking spray and sauté the remaining garlic for 3 minutes.

*continued on following page*



**Makes 6 servings.** 1 patty per serving.  
**Prep time:** 5 minutes **Cook time:** 25 minutes

**Nutrition information per serving:** Calories 256, Carbohydrate 35 g,  
Dietary Fiber 6 g, Protein 19 g, Total Fat 5 g, Saturated Fat 1 g,  
Trans Fat 0 g, Cholesterol 38 mg, Sodium 459 mg



# Turkey Apple Sausage Breakfast Sandwiches *(continued)*



## PREPARATION

6. Add mushrooms and onions. Sauté until the mushrooms are tender and onions begin to brown, about 5 minutes.
7. Cut each English muffin in half. Place a Turkey Apple Sausage patty,  $\frac{1}{3}$  cup of mushroom-onion mixture, and a slice of tomato on 6 English muffin halves.
8. Cover each sandwich with the other English muffin half and enjoy!



**Makes 6 servings.** *1 patty per serving.*  
**Prep time:** 5 minutes **Cook time:** 25 minutes

**Nutrition information per serving:** Calories 256, Carbohydrate 35 g,  
Dietary Fiber 6 g, Protein 19 g, Total Fat 5 g, Saturated Fat 1 g,  
Trans Fat 0 g, Cholesterol 38 mg, Sodium 459 mg



# Vegetable Brunch Pie

*Who knew your children could love eating cauliflower?*



## INGREDIENTS

nonstick cooking spray	½ teaspoon onion powder
2¼ cups chopped cauliflower florets	1 teaspoon brown sugar
1 tablespoon vegetable oil	½ teaspoon salt
1 medium onion, chopped	⅛ teaspoon ground cayenne pepper
1 (8-ounce) package mushrooms, sliced	¾ cup shredded lowfat Cheddar cheese
4½ cups (about 6 ounces) of beet, mustard, or collard greens, finely chopped	1 cup lowfat milk
½ teaspoon garlic powder	¾ cup egg substitute
	¾ cup baking mix

## PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 375°F.
2. Spray a 10-inch pie dish with nonstick cooking spray and set aside.
3. In a microwave safe bowl, microwave cauliflower on high for 3 minutes, or steam it on the stovetop.
4. Pour vegetable oil into a 12-inch skillet and heat over medium heat.
5. Sauté onion and mushrooms until tender, about 5 minutes.
6. Add greens, garlic powder, onion powder, brown sugar, salt, and cayenne pepper. Sauté for another 3 minutes until greens are wilted.
7. Stir the cooked cauliflower into the greens mixture and place in the pie dish. Sprinkle with cheese.
8. In a medium bowl, combine milk, egg substitute, and baking mix. Whisk until well blended and pour over vegetable mixture.
9. Bake 30 to 35 minutes or until golden brown. Serve while hot.

Adapted from recipe courtesy of Cut 'n Clean Greens.

**Makes 8 servings.** 4-inch slice per serving.  
**Prep time:** 15 minutes **Cook time:** 50 minutes

**Nutrition information per serving:** Calories 128, Carbohydrate 15 g,  
Dietary Fiber 3 g, Protein 9 g, Total Fat 5 g, Saturated Fat 1 g,  
Trans Fat 0 g, Cholesterol 4 mg, Sodium 537 mg





# Veggie Scramble Wraps

Great for breakfast on the go. Make it your way by using your favorite mix of vegetables.



## INGREDIENTS

nonstick cooking spray	1 cup egg substitute
1 cup chopped fresh or frozen vegetables (bell peppers, onions, broccoli, and mushrooms)	2 (6-inch) flour tortillas
	¼ cup grated lowfat Cheddar cheese

## PREPARATION

1. Spray a medium skillet with nonstick cooking spray and heat over medium heat.
2. Cook vegetables until tender, about 5 minutes.
3. Add egg substitute and stir until thoroughly cooked, about 5 minutes.
4. Warm the tortillas in the microwave for 5 to 10 seconds.
5. Place half of the egg mixture in each tortilla and sprinkle with cheese.
6. Wrap the tortilla around the egg mixture and enjoy.



**Makes 2 servings.** 1 wrap per serving.  
**Prep time:** 5 minutes **Cook time:** 10 minutes

**Nutrition information per serving:** Calories 191, Carbohydrate 19 g, Dietary Fiber 4 g, Protein 21 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 537 mg