

BUILD A BETTER BREAKFAST RECIPES



ALL-DAY BREAKFAST SALAD

GOOD SOURCE OF PROTEIN & IRON

NUTRITIONAL INFORMATION: Serving size: 1 ½ cups; Calories 230; Fat 16g (sat fat: 3g); Sodium 460mg; Carbohydrate 12g; Fiber 4g; Protein 14g

BALSAMIC STRAWBERRIES AND RICOTTA

GOOD SOURCE OF CALCIUM AND VITAMIN C

NUTRITIONAL INFORMATION: Serving size: 1 cup; Calories 180, Fat 5g (sat fat 3g); Sodium 80mg; Carbohydrate 27g; Fiber 2g; Protein 8g

START RIGHT SMOOTHIE

GOOD SOURCE OF ANTIOXIDANTS

NUTRITIONAL INFORMATION: Serving size: 16 ounces; Calories 390; Fat 8.5g (sat 1g); Sodium 132.4mg; Carbohydrate 69.2g; Fiber 5.4g; Protein 12.3g



BUILD A BETTER BREAKFAST RECIPES

ALL-DAY BREAKFAST SALAD – SERVES 4

INGREDIENTS:

4 slices Canadian bacon (4 ounces)
3 tablespoons extra-virgin olive oil
2 tablespoons balsamic vinegar
1/2 teaspoon Dijon mustard
Salt and freshly ground black pepper to taste
8 ounces baby spinach leaves (about 8 cups lightly packed)
2 cups cherry or grape tomatoes, cut in half
4 hard-boiled eggs, peeled and chopped
1/2 cup chopped fresh flat-leaf parsley leaves

PREPARATION:

Cook the Canadian bacon in a medium nonstick skillet over medium heat until golden brown, about 5 minutes, turning once. Remove from the skillet and cut into 1/2-inch strips. Set aside. In a small bowl, whisk together the oil, vinegar, and mustard. Season with salt and pepper. Place the spinach in a large serving bowl. Add the dressing and toss to coat evenly. Top with the tomatoes, eggs, Canadian bacon, and parsley, and serve.

BALSAMIC STRAWBERRIES & RICOTTA – SERVES 4

INGREDIENTS:

1 cup part-skim ricotta cheese
2 tablespoons honey
1/2 teaspoon vanilla extract
3 tablespoons balsamic vinegar
2 tablespoons sugar
1 (16-ounce) container strawberries, hulled and quartered
2 tablespoons fresh basil leaves, cut into ribbons

PREPARATION:

Put the ricotta cheese, honey and vanilla extract into the small bowl of a food processor and process until smooth, about 1 minute. Transfer to a small bowl and refrigerate for at least 2 hours. In a small saucepan combine the vinegar and sugar and bring to a boil. Simmer over medium heat for 2 minutes, stirring occasionally. Allow to cool completely. In a medium bowl, toss the berries with the basil and the balsamic syrup. Divide the cream among 4 bowls, top with the berry mixture and serve.



BUILD A BETTER BREAKFAST RECIPES

START RIGHT SMOOTHIE – SERVES 1

INGREDIENTS:

- 1 ripe banana, cut into chunks, frozen
- 6 medium (5 ounces) strawberries, fresh or thawed frozen ones
- 1 cup nonfat milk
- 2 tablespoons wheat germ
- 1/8 cup sliced almonds
- 1 tablespoon honey
- 1/2 teaspoon vanilla extract
- 1/2 cup ice water

This ultra-satisfying smoothie serves as a meal replacement. To reduce calories and consume as a supplemental breakfast drink, remove salted almonds and wheat germ. Great pick-me-up to start the day!

PREPARATION:

Combine all of the ingredients and blend on high until smooth.

Source Ellie Krieger

EQUIPMENT NEEDED

Medium nonstick skillet
Small saucepan
Small, medium, and large mixing bowls
Cutting board and knife
Food processor
Blender

INGREDIENTS

Produce

- 8 ounces baby spinach leaves
- 2 cups cherry or grape tomatoes
- 1 (16-ounce) container strawberries, plus 6 fresh or frozen strawberries
- 1/2 cup fresh flat-leaf parsley leaves
- 2 tablespoons fresh basil leaves
- 1 banana (ripe)

Dairy/Eggs

- 4 hard-boiled eggs
- 1 cup part-skim ricotta cheese
- 1 cup nonfat milk

Deli

- 4 slices Canadian bacon (4 ounces)

Baking, Canned, and Non-perishables

- 3 tablespoons extra-virgin olive oil
- 5 tablespoons balsamic vinegar
- 1/2 teaspoon Dijon mustard
- 3 tablespoons honey
- 1 teaspoon vanilla extract
- 2 tablespoons sugar
- 2 tablespoons wheat germ
- 2 tablespoons sliced almonds
- Salt
- Pepper
- Water

