



Egg and Avocado Toasts

Prep Time: 15 minutes

Ingredients

- 4 eggs
- 4 pieces hearty whole grain bread
- 1 avocado, mashed
- ½ teaspoon salt (optional)
- ¼ teaspoon ground black pepper
- ¼ cup nonfat plain Greek yogurt

Instructions

1. To poach each egg, fill a 1-cup microwaveable bowl or teacup with ½ cup water. Gently crack an egg into the water, making sure it's completely submerged. Cover with a saucer and microwave on high for about 1 minute, or until the white is set and the yolk is starting to set but still soft (not runny).
2. Toast the bread and spread each piece with ¼ of the mashed avocado.
3. Sprinkle avocado with the salt (optional) and pepper. Top each piece with a poached egg. Top the egg with 1 tablespoon Greek yogurt.

Recipe Cost: \$4.50

Nutrition Facts

Serving Size: 1 toast

- Calories 240
- Carbohydrate 25 g
- Protein 12 g
- Fat 12.0 g
- Saturated Fat 2.8 g
- Sugars 4 g
- Dietary Fiber 9 g
- Cholesterol 185 mg
- Sodium 230 mg
- Potassium 325 mg

This Recipe Serves 4



Budget-Friendly Egg, Ham and Spinach Sandwich

Need a quick, delicious and inexpensive meal for breakfast or dinner? Here is your answer. Eggs are a cheap, high-quality protein source and are fine to eat in moderation.

Prep Time: 15 minutes

Ingredients

- Cooking spray
- 4 slices deli-style smoked ham (2 ounces total)
- 1 tablespoon olive oil
- 4 cups baby spinach
- ¼ teaspoon garlic powder
- ¼ teaspoon fresh ground black pepper
- 4 eggs
- 4 teaspoons freshly grated Parmesan cheese
- 4, 1½ -ounce whole wheat sandwich thins, toasted

Instructions

1. Spray a nonstick oven-proof skillet with cooking spray and heat over medium heat. Add ham slices and cook for 1 minute per side. Remove from pan and set aside.
2. Add olive oil to pan and add spinach to pan, sprinkle with garlic powder and pepper. Sauté until spinach is wilted; remove from pan and set aside.
3. Crack the eggs into pan; break yolk with spatula to make it run. Cook until egg starts to firm about 30-60 seconds and flip egg. Sprinkle each egg with 1 teaspoon Parmesan cheese. Cook until done and top each egg with 1 ham slice and spoonful of cooked spinach. Place each egg (topped with ham and spinach) on whole-wheat sandwich thin and top with other slice of sandwich thin.

Cost: \$6.15

Nutrition Facts

Serving Size: 1 sandwich

- Calories 234
- Carbohydrate 24 g
- Protein 16 g
- Fat 10.0 g
- Saturated Fat 2.3 g
- Sugars 3 g
- Dietary Fiber 6 g
- Cholesterol 195mg
- Sodium 430mg
- Potassium 540mg

This Recipe Serves 4

Breakfast Recipes

Summer Breeze Smoothie

Here's a perfect low- fat thirst quencher.

Prep Time: 5 minutes

Ingredients

1 C non-fat plain yogurt

6 Medium strawberries

1C pineapple, crushed, canned in juice

1 medium banana

1 tsp vanilla extract

4 ice cubes

Instructions

1. Place all ingredients in blender, and puree until smooth..
2. Serve in frosted glasses.



Nutrition Facts

Serving Size: 1 Cup

- Calories 121
- Carbohydrate 24 g
- Protein 6 g
- Fat 0 g
- Saturated Fat 0 g
- Total Fiber 2 g
- Cholesterol 1mg
- Sodium 64mg
- Potassium 40mg

This Recipe Serves 3

Overnight No-Cook Banana Oatmeal



- Serves 4
- 443 Calories
- 68 mg Sodium
- \$1.88 Per Serving

For a weekday morning rush, you'll be glad you prepared this American, Simple Cooking with Heart breakfast recipe the evening before. Or, let your child take the reins and mix the oatmeal together.



Ingredients

- 2 1/2 cup skim milk
- 1 Tbsp. honey
- 1 tsp. vanilla extract
- 3 1/2 cups rolled oats (not instant or quick-cooking)
- 2 bananas, halved lengthwise and sliced
- 1/4 cup chopped, unsalted pecans or walnuts



Directions

1. In a large, re-sealable container or bowl, add milk, honey, and extract. Stir to combine, adding oats and stirring to combine. Seal or cover; place in the refrigerator and let it sit overnight.
2. The next day, peel each banana. Halve each one lengthwise and slice. Divide sliced bananas and nuts over each oatmeal portion. Serve.

Breakfast Recipes



Additional Tips

Serving size 1 1/4 cups

Cooking Tip: Play around with the combination of oats to milk ratio. Like an oatmeal with a thicker consistency? Use more oats. Prefer it liquidy? Go higher on the milk.

Keep it Healthy: Add a variety of goodies into the oatmeal when preparing it the night before like dried fruit, unsweetened coconut, pumpkin seeds, flax seeds, chia seeds, etc. Chopped fresh fruit, like bananas, go brown if added the night before; it's best to top with fresh fruit right before eating.

Tip: Natural sweeteners such as maple syrup or honey are a great way to add a touch of sweetness instead of sugar. Even a little bit of fruit juice like orange juice can provide sweetness.



Nutritional Info

- Per serving
- Calories 443
- Total Fat 9.7 g
- Saturated Fat 1.4 g
- Trans Fat 0.0 g
- Polyunsaturated Fat 3.2 g
- Monounsaturated Fat 4.2 g

- Cholesterol 3 mg
 - Sodium 68 mg
 - Carbohydrates 74 g
 - Fiber 10 g
 - Sugars 21 g
 - Protein 18 g
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Granola Bars

Makes: 24 servings

Total Cost: \$7.15

Serving Cost: \$0.30

Ingredients

- 1 cup honey
- 1 cup peanut butter
- 3 1/2 cups rolled oats
- 1/2 cup raisins
- 1/2 cup carrot (grated)
- 1/2 cup coconut

Directions

1. Preheat oven to 350 degrees.
2. Peel and grate the carrots.
3. Put the honey and peanut butter in a large saucepan. Cook on low heat until they melt.
4. Remove the pan from the heat. Turn off the burner.
5. Add oatmeal, raisins, carrots, and coconut to the saucepan. Stir well, and let it cool until you can safely touch it with your hands.
6. Put the mix in the baking pan.
7. Press the mix firmly into the bottom of the pan.
8. Bake for 25 minutes.
9. Cut into 24 bars