

# your hit parade of

## BREAKFAST & QUICK-LUNCH IDEAS

### **Can't Stop Lovin' You**

**Danish:** Combine ½ cup part-skim ricotta with 1 tablespoon sugar. Spread on 2 slices of cinnamon-raisin bread. Heat in toaster oven until warmed through. Makes 2 servings

### **American Pie Oatmeal:**

Combine 1⅔ cup water, pinch of salt, and 1 cup oats in a large, microwave-safe bowl. Microwave on high for 2 minutes, or until the oatmeal is hot. Stir in the ½ cup cinnamon applesauce, ½ cup raisins and 2 teaspoons brown sugar. Divide in two.

**All Shook Up Scramble:** In a small bowl beat together 2 eggs, 2 tablespoons milk, and a pinch of salt. Set aside. Heat 2 teaspoons canola oil in a medium skillet over medium heat. Add ½ chopped red pepper and ½ small onion. Cook until vegetables are tender—about 3 minutes. Pour egg mixture over vegetables. As mixture begins to set, gently draw a spatula completely across bottom and sides of pan, forming large, soft curds. Continue until eggs are thickened and no visible liquid egg remains. Do not stir constantly. Makes 2 servings.

### **Angel of the Morning Muffin:**

Place 1 slice of American or Cheddar cheese on one half of an English muffin. In a small nonstick skillet, melt 1 teaspoon of margarine over medium heat. Add 1 beaten egg and stir gently until set. Place over the cheese and sprinkle with salt and pepper to taste; cover with other muffin half. Makes 1 serving.

**Monster Mash Mix:** In a small, resealable plastic bag, combine 1 cup Cheerios®, 2 tablespoons chopped dried apricots, 2 tablespoons raisins, 2 tablespoons almonds. Makes 1 serving.

**Happy Together Toast:** Place 2 slices whole-wheat bread in toaster oven and top each slice with a slice of tomato and your favorite cheese. Heat until melted.

### **Hold Me, Thrill Me Burrito:**

Place scrambled egg in flour tortilla, top with cheddar cheese and fold burrito-style. Serve with salsa.

### **Old Macdonald Had A Muffin:**

Toast whole wheat English muffin, top with one slice Canadian bacon, scrambled egg, and sliced tomato. Add slice of cheese.

### **Splish Splash Shake:**

Combine 1 cup fat-free milk, 1 small, ripe banana, 2 tablespoons toasted wheat germ, and 2 tablespoons creamy peanut butter in blender. Blend until smooth. Makes 1 serving.

### **It's My Party Pancakes:**

Combine 1 cup whole-wheat pancake mix and ½ teaspoon cinnamon in a large bowl. In another bowl, combine 1 cup milk and ½ cup chopped ripe banana. Beat with a spoon or whisk. Add to dry mixture. Stir just until well combined. (It should be lumpy.) Drop onto hot pan. Turn pancakes when bubbles form. Serve with syrup and fresh fruit. Makes 12 pancakes. Freeze extra for future use.

### **Little Green Apples Wrap:**

Cut apple in 4 pieces. Scoop out core. Add peanut butter to the center and wrap in plastic wrap for an on-the-go breakfast. Hint: Apple doesn't brown!

### **On Top Of Old Smokey**

**Sweet Potato:** Place pierced sweet potato in microwave and cook on high for 7 minutes or until cooked through. Top with yogurt and nuts.