Hard-boiled Egg

Try an egg with a slice of whole grain toast and a side of your favorite fruit. You can also slice or crumble hard-boiled eggs and add them to salads.

Makes 1 serving.
Prep time: 5 minutes + **Cook time**: 20 minutes

Photo courtesy of the *Network for a Healthy California.*

Ingredients

1 egg
water
vinegar (optional)

Preparation

1. Put your egg in a small saucepan.
2. Add enough cold water to cover it completely. If desired, add a teaspoon of vinegar to the water.*
3. Put the pot on the stove over medium heat. When the water begins to boil, cover the pan with the lid and turn the heat off.
4. Wait 15 minutes. Drain. Remove shell.

*If you add about 1 teaspoon of vinegar to the water before boiling, the egg shell will soften just a bit and not crack during boiling.

Fitness Tip: Strengthen your tummy muscles:
Stand tall and place feet hip distance apart. Stretch your arms out to your sides. Breathing out, lift your right knee and touch it to your left elbow. Breathing in, return to position one. Repeat on other side.

Photo courtesy of the California WIC Program.

Egg Scrambles

A breakfast favorite that is rich in protein and vegetables.

Makes 1 serving.
Prep time: 5 minutes **+ Cook time**: 5 minutes

Preparation

1. Choose to make Option #1 or Option #2.
2. Combine egg and ingredients for Option #1 or #2 in a medium bowl.
3. Spray a medium frying pan with nonstick cooking spray or lightly brush with oil. Warm on medium heat for 1 minute.
4. Pour mixture into warm frying pan and cook for 1 minute before stirring.
5. Cook and scramble until entire egg mixture is cooked (not runny).
6. Top with salsa.

Ingredients

nonstick cooking spray or $^1/_2$ Tbsp vegetable oil
1 medium egg*
$^1/_4$ cup Pico de Gallo (page 41) or store-brand salsa

CHOOSE:

Option #1: Spinach and Cheese
$^3/_4$ cup spinach leaves
$1^1/_2$ tsp nonfat cheese, shredded (Mozzarella and Cheddar work well)

OR

Option #2: Mushroom and Sausage
$^1/_4$ cup mushrooms
1 sausage patty, cooked

*For less fat, substitute 2 egg whites.

For a vegetarian option, use vegetarian sausage instead of meat sausage.

Huevos Rancheros

with Pico de Gallo

A healthy and colorful breakfast dish!

Makes 4 servings. 1 tortilla per serving.
Prep time: 15 minutes + **Cook time**: 15 minutes

Ingredients

- 4 (6-inch) corn tortillas
- nonstick cooking spray or $^1/_2$ Tbsp vegetable oil
- $1^1/_2$ cups eggs*
- 2 Tbsp reduced fat Cheddar or Monterey Jack cheese, shredded
- 2 cups Pico de Gallo (page 41)
- $^1/_4$ tsp ground black pepper

*For less fat, substitute egg whites.

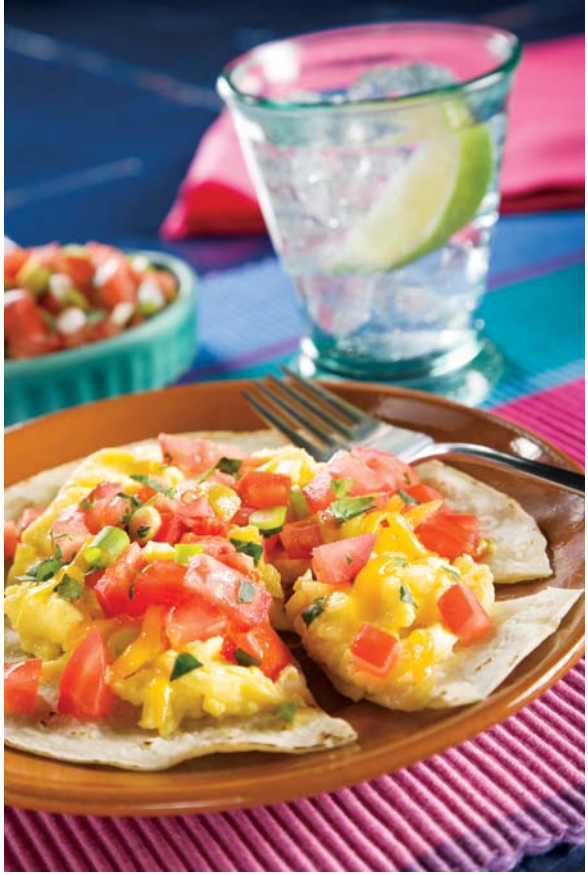

Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Preparation

1. Make the Pico de Gallo Recipe first (page 41).
2. Preheat oven to 450ºF.
3. 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.
4. Spray a large frying pan with nonstick cooking spray or lightly brush with oil.
5. Pour eggs into frying pan. Cook over medium heat for 2 to 3 minutes until eggs are fully cooked.
6. Place an equal amount of eggs on each tortilla and top each with $^1/_2$ tablespoon cheese.
7. Place under the broiler for about 2 minutes until cheese is melted. Spoon $^1/_2$ cup Pico de Gallo on each tortilla and top with ground black pepper. Serve warm.

Apple Oatmeal

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

Makes 4 servings. $^{3}/_{4}$ cup per serving.
Prep time: 10 minutes + **Cook time**: 2 minutes

Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Ingredients

- $1^{3}/_{4}$ cups nonfat or lowfat milk
- 1 cup quick cooking oats
- 1 large apple, cored and cut into bite-size chunks
- $^{1}/_{2}$ tsp ground cinnamon
- salt (optional)
- raisins (optional)

Preparation

1. Combine all ingredients in a medium, microwave-safe bowl.
2. Place in microwave uncovered and cook on high for about 3-4 minutes or until fully cooked.
3. Stir and let cool for 1 minute before serving. Top with raisins and/or sprinkle with salt if desired.

Fitness Tip: Tighten your tummy:
Stand tall and suck in your tummy muscles. Hold tight for 5 to 10 seconds. Release and repeat 10 times.

Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Peachy Peanut Butter Pockets

Yummy and sure to be a family favorite!

Makes 4 servings. $^1/_2$ pita pocket per serving.
Prep time: 10 minutes + **Cook time:** 10 seconds

Ingredients

- 2 medium whole wheat pita pockets
- $^1/_4$ cup lowfat (or regular) peanut butter
- $^1/_2$ apple, cored and thinly sliced
- $^1/_2$ banana, thinly sliced
- $^1/_2$ fresh **peach**, thinly sliced

Preparation

1. Cut pitas in half to make 4 pockets and warm in the microwave for about 10 seconds to make them more flexible.
2. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls.
3. Fill with a combination of apple, banana, and peach slices. Serve at room temperature.

Fitness Tip: Try this chest stretch:
Stand up straight, with knees slightly bent. Place feet hip distance apart with toes pointing forward and shoulders straight. Clasp hands together behind your back. Lift and extend your arms. Hold this position. Feel the stretch in your chest. Hold stretch for a count of 8.

Banana Berry Pancakes

Try topping with fresh, canned, or frozen fruits. Or peanut butter for protein.

Makes 4 servings. 2 pancakes per serving.
Prep time: 10 minutes + **Cook time**: 10 minutes

Photo courtesy of and recipe adapted from the *Network for a Healthy California.*

Ingredients

- 1 large banana, peeled and sliced
- 1 cup complete whole wheat pancake mix
- $^1/_2$ cup water
- nonstick cooking spray or $^1/_2$ Tbsp vegetable oil

Topping

- 1 cup unsweetened fresh or frozen **strawberries**, thawed and sliced
- 2 Tbsp 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 or lightly brush with oil and heat over medium heat.
4. Pour $^1/_4$ 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.