



Start the Day Right with Breakfast

March 2014

Quick Breakfast Taco

Eating Well

Time: 15 minutes

Serves: 1

Ingredients

2 corn tortillas

1 tablespoon salsa

2 tablespoons shredded reduced-fat Cheddar cheese

1/2 cup liquid egg substitute, such as Egg Beaters

Directions

1. Top tortillas with salsa and cheese. Heat in the microwave until the cheese is melted, about 30 seconds.
2. Meanwhile coat a small nonstick skillet with cooking spray. Heat over medium heat, add egg substitute and cook, stirring, until the eggs are cooked through, about 90 seconds. Divide the scrambled egg between the tacos.

Nutrition per Serving: 153 Calories, 2 g total fat, 1 g saturated fat, 5 mg cholesterol, 450 mg sodium, 15 g carbohydrates, 0 g fiber, 17 g protein

Cinnamon-Raisin Waffle Sandwich

Cooking Light: Fresh Food Fast 24/7

Time: 5 minutes

Serves: 1

Ingredients

- 1 frozen multigrain waffle
- 2 tablespoons reduced fat cream cheese, softened
- 2 teaspoons brown sugar
- ¼ teaspoon ground cinnamon
- 1 tablespoon raisins
- 1 tablespoon chopped walnuts, toasted

Directions

1. Toast waffle according to package directions.
2. Combine cream cheese, brown sugar and cinnamon until well blended.
3. Spread cream cheese mixture evenly over waffle. Sprinkle evenly with raisins and walnuts.
4. Cut waffle in half. Sandwich waffle halves together with filling in center.

Nutrition Information per Serving: 280 calories, 15 g total fat, 260 mg sodium, 35 g carbohydrate, 4 g fiber, 6 g protein.

Caprese Eggs Benedict with Pesto Hollandaise

Cooking Light: Fresh Food Fast 24/7

Time: 15 minutes

Serves: 4

Ingredients

4 large eggs
2 English muffins, split and toasted
4 (¼ inch thick) slices tomato
4 (1 ounce) slices fresh mozzarella cheese
¼ cup Pesto Hollandaise (recipe below)
4 large fresh basil leaves (optional)

Directions

1. Coat 4 (6 ounce) custard cups with cooking spray.
2. Break 1 egg into each cup. Pierce yolk of each egg once with a wooden pick.
3. Microwave on MEDIUM heat 1 minute and 15 seconds or to desired doneness.
4. Place 1 muffin half, cut side up, on each of 4 plates. Top each with 1 tomato slice, 1 mozzarella slice, 1 egg and 1 tablespoon Pesto Hollandaise. Top each with 1 basil leaf, if desired.

Nutrition Information per Serving: 250 calories, 17 grams total fat, 190 mg sodium, 10 g carbohydrates, 1.5 g fiber, 14 g protein

Pesto Hollandaise

Cooking Light: Fresh Food Fast 24/7

Serves: 14

Ingredients

1/3 nonfat buttermilk
1/3 cup canola mayonnaise
1 Tablespoon fresh lemon juice
2 tablespoons refrigerated pesto
1 teaspoon butter

Directions

1. Combine first 4 ingredients in a 1-cup glass measuring cup, stirring with a whisk until blended.
2. Microwave on MEDIUM heat for 45 seconds or until warm.
3. Add butter, stirring until melted. Keep warm.