

Scrambled Eggs and Potatoes

4 servings

4 medium potatoes, cooked 4 eggs
1/2 cup chopped onion 2 tablespoons grated cheese
1 tablespoon oil

1. Cut potatoes into cubes.
2. Heat oil in large pan. Cook potatoes and onions in oil over medium high heat until light brown. Push cooked vegetables to side of pan.
3. Mix eggs in a bowl with a fork. Pour eggs into cleared side of pan and cook, stirring until done. Gently mix eggs into vegetable mixture.
4. Sprinkle cheese on top.

Optional: Add chopped red or green pepper to potatoes and onions.

1 serving has 243 calories and 16 grams of fat

Oven French Toast

8 servings

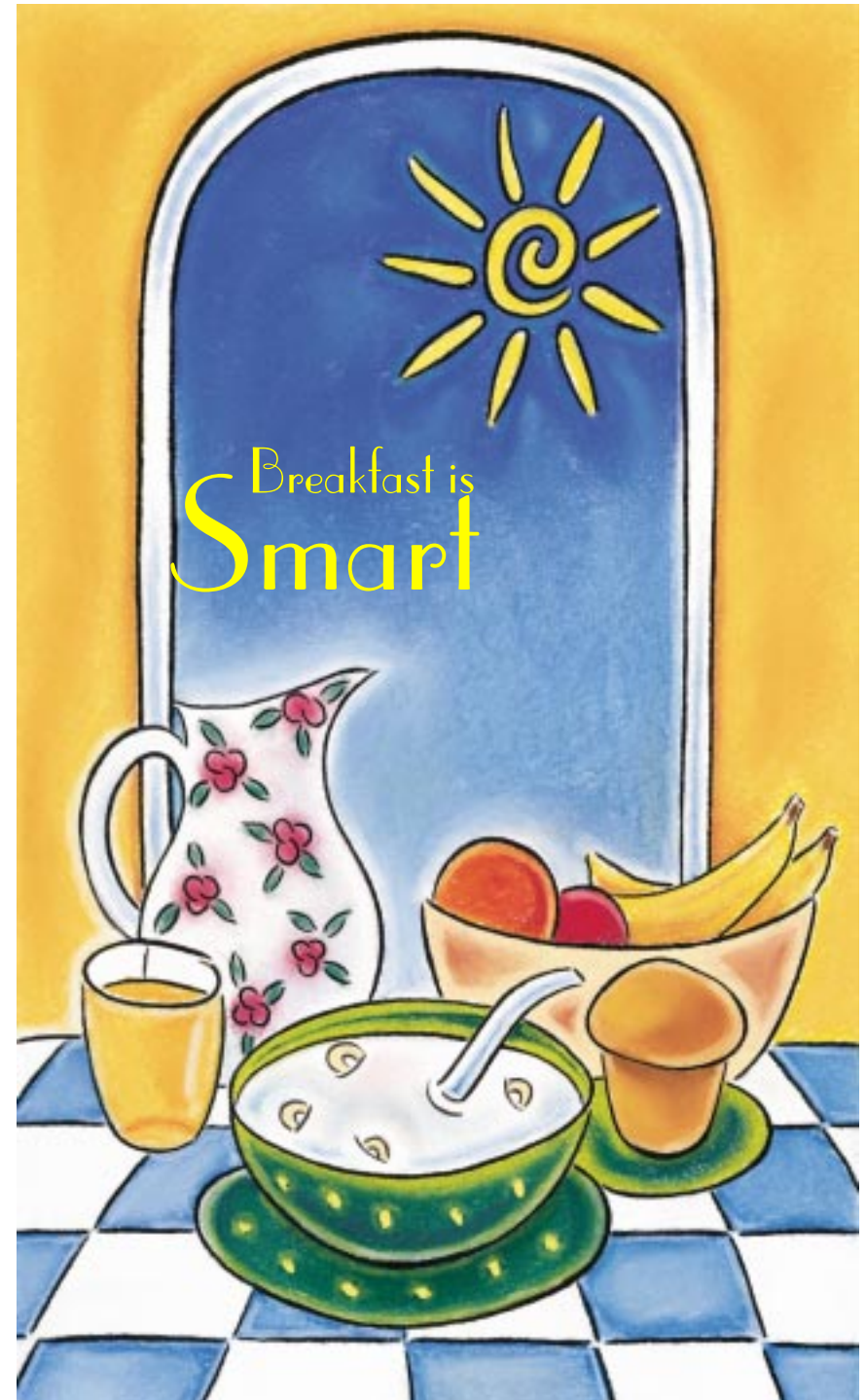
3 eggs 1/2 teaspoon cinnamon (optional)
1/3 cup lowfat milk 8 slices day-old bread
1/4 teaspoon salt

1. Preheat oven to 400°.* Spray or lightly grease large cookie sheet.
2. Beat eggs, milk, salt and cinnamon together with a fork; pour mixture into a shallow bowl.
3. Dip bread slices one at a time into egg mixture, turning to coat both sides.
4. Place bread on cookie sheet and put in oven. Turn bread after 5–7 minutes or when golden brown. Bake another 5 minutes or until done.
5. Serve hot with fruit or syrup.

(Leftover french toast can be stored in freezer and warmed in toaster for a quick meal.)

*Use lightly greased fry pan or griddle over medium heat to brown toast if oven not available.

1 serving has 108 calories and 3 grams of fat





Why should you eat breakfast?

You “break the fast” at breakfast. It has probably been 10–14 hours since you last ate. Your body needs food like a car needs gasoline—food gives you energy.



Children

who eat breakfast might be more alert and ready to concentrate.

People who eat breakfast

are less likely to overeat later in the day.

Any nutritious food you enjoy is good for breakfast. You might like to try:

- leftover pizza
- sandwiches
- soups
- lowfat cottage cheese with fruit

A healthy breakfast gives you nutrients you need from a variety of foods. Breakfasts with variety include:

- tortillas and beans with salsa on the side
- cereal and milk with banana slices
- rice with milk and fruit
- scrambled eggs and potatoes (recipe on back)

If you don't have time for breakfast at home...take something with you.

Breakfast items to go:

- yogurt and fruit
- crackers and cheese
- sandwiches
- fresh fruit
- dry cereal