

QUICK BREAKFASTS

— EDITORS' PICKS RECIPE COLLECTION —



FROM THE EDITORS OF
EatingWell[™]
WHERE GOOD TASTE MEETS GOOD HEALTH

Egg & Salmon Sandwich

ACTIVE TIME: 15 MINUTES | **TOTAL:** 15 MINUTES

Smoked salmon and egg whites on a toasted whole-wheat English muffin is the perfect power breakfast. For a more substantial meal, pair it with a piece of fruit or a glass of 100% juice.

- 1/2 teaspoon extra-virgin olive oil
- 1 tablespoon finely chopped red onion
- 2 large egg whites, beaten
- Pinch of salt
- 1/2 teaspoon capers, rinsed and chopped (optional)
- 1 ounce smoked salmon
- 1 slice tomato
- 1 whole-wheat English muffin, split and toasted



1. Heat oil in a small nonstick skillet over medium heat. Add onion and cook, stirring, until it begins to soften, about 1 minute. Add egg whites, salt and capers (if using) and cook, stirring constantly, until whites are set, about 30 seconds.
2. To make the sandwich, layer the egg whites, smoked salmon and tomato on English muffin.

MAKES 1 SANDWICH.

PER SERVING: 214 CALORIES; 5 G FAT (1 G SAT, 2 G MONO); 7 MG CHOLESTEROL; 25 G CARBOHYDRATE; 2 G ADDED SUGARS; 19 G PROTEIN; 3 G FIBER; 670 MG SODIUM; 221 MG POTASSIUM. **NUTRITION BONUS:** Omega-3s.

Apricot Smoothie

ACTIVE TIME: 5 MINUTES | **TOTAL:** 5 MINUTES

Canned apricot halves blend with yogurt in a tangy and refreshing smoothie.

- 1 cup canned apricot halves in light syrup
- 6 ice cubes
- 1 cup nonfat plain yogurt
- 3 tablespoons sugar

Blend apricot halves, ice cubes, yogurt and sugar in a blender until frothy.

MAKES 2 SERVINGS, ABOUT 1 1/2 CUPS EACH.

PER SERVING: 202 CALORIES; 0 G FAT (0 G SAT, 0 G MONO); 3 MG CHOLESTEROL; 49 G CARBOHYDRATE; 32 G ADDED SUGARS; 6 G PROTEIN; 2 G FIBER; 74 MG SODIUM; 175 MG POTASSIUM.

Crunchy Cereal Trail Mix

ACTIVE TIME: 5 MINUTES | **TOTAL:** 5 MINUTES

Crunchy, sweet and salty, this simple trail mix combines your favorite flavors in a convenient mix.

- 1/4 cup Cheerios
- 1 tablespoon pepitas
- 2 teaspoons raisins
- 2 teaspoons semisweet mini chocolate chips

Combine Cheerios, pepitas, raisins and chocolate chips in a small bowl.

MAKES 1 SERVING.

PER SERVING: 124 CALORIES; 5 G FAT (2 G SAT, 1 G MONO); 0 MG CHOLESTEROL; 22 G CARBOHYDRATE; 6 G ADDED SUGARS; 2 G PROTEIN; 2 G FIBER; 79 MG SODIUM; 196 MG POTASSIUM.

Creamy Wheat Berry Hot Cereal

ACTIVE TIME: 15 MINUTES | **TOTAL:** 1 HOUR 25 MINUTES (INCLUDING 1 ¼ HOURS TO PREPARE WHEAT BERRIES)

This warming whole-grain porridge pairs cooked wheat berries with rolled oats, fruit and nuts for a filling breakfast. Using a microwave makes preparation speedy, especially if you've thawed frozen cooked wheat berries overnight in the refrigerator.

- 2 cups hard red winter-wheat berries (see Note), picked over and rinsed
- 7 cups cold water
- 1 teaspoon plus ⅛ teaspoon salt, divided
- 1 ¼ cups old-fashioned rolled oats
- ½ cup raisins
- 2 cups nonfat milk or reduced-fat soymilk
- 2 teaspoons brown sugar
- 1 teaspoon ground cinnamon
- ¼ cup slivered almonds, toasted



1. To prepare wheat berries: Combine wheat berries in a large heavy saucepan with water and 1 teaspoon salt. Bring to a boil over high heat. Reduce heat, cover, and simmer gently for 1 hour, stirring occasionally. Drain and rinse. Makes about 4 ½ cups. (Cover and refrigerate the extra 3 ¼ cups cooked wheat berries for up to 2 days or freeze for up to 1 month.)
2. To prepare hot cereal: Place oats, raisins, milk (or soymilk) and the remaining ⅛ teaspoon salt in a large, microwave-safe bowl. Stir to combine. Microwave on High, uncovered, for 3 minutes. Stir in 1 ¼ cups cooked wheat berries and microwave again until hot, 1 to 2 minutes more. Let stand for 1 minute. Stir in brown sugar and cinnamon. Sprinkle with toasted almonds.

MAKES 4 SERVINGS, ABOUT ¾ CUP EACH.

PER SERVING: 340 CALORIES; 6 G FAT (0 G SAT, 2 G MONO); 3 MG CHOLESTEROL; 59 G CARBOHYDRATE; 3 G ADDED SUGARS; 14 G PROTEIN; 7 G FIBER; 304 MG SODIUM; 392 MG POTASSIUM. **NUTRITION BONUS:** Calcium (21% DAILY VALUE), Iron (15% DV).

STOVETOP VARIATION:

In Step 2: Bring milk (or soymilk) to a boil in a medium saucepan over medium-high heat. Stir in oats, raisins and salt. Reduce heat to low, cover, and cook for 3 minutes. Stir in cooked wheat berries and cook until heated through, about 1 minute more. Remove from the heat. Stir in brown sugar and cinnamon; let stand for 1 minute. Sprinkle with toasted almonds and serve.

INGREDIENT NOTE: Wheat berries can be found in natural-foods markets and online at King Arthur Flour, (800) 827-6836, bakerscatalogue.com, and Bob's Red Mill, (800) 349-2173, bobsredmill.com.

Quick Breakfast Taco

ACTIVE TIME: 15 MINUTES | **TOTAL:** 15 MINUTES

A smaller cousin of the breakfast burrito, the breakfast taco made with reduced-fat Cheddar and egg substitute is a satisfying and healthy breakfast option.

- 2 corn tortillas
- 1 tablespoon salsa
- 2 tablespoons shredded reduced-fat Cheddar cheese
- ½ cup liquid egg substitute, such as Egg Beaters

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.



MAKES 1 SERVING.

PER SERVING: 153 CALORIES; 2 G FAT (1 G SAT, 0 G MONO); 3 MG CHOLESTEROL; 15 G CARBOHYDRATE; 0 G ADDED SUGARS; 17 G PROTEIN; 0 G FIBER; 453 MG SODIUM; 207 MG POTASSIUM.

Bagel Gone Bananas

ACTIVE TIME: 5 MINUTES | **TOTAL:** 5 MINUTES

Talk about a grab-and-go breakfast: this bagel topped with nut butter and banana slices is ready in just 5 minutes and easy to eat on the run.

- 2 tablespoons natural nut butter, such as almond, cashew or peanut
- 1 teaspoon honey
- Pinch of salt
- 1 whole-wheat bagel, split and toasted
- 1 small banana, sliced



Stir together nut butter, honey and salt in a small bowl. Divide the mixture between bagel halves and top with banana slices.

MAKES: 2 SERVINGS, 1/2 BAGEL EACH

PER SERVING: 284 CALORIES; 10 G FAT (1 G SAT, 6 G MONO); 0 MG CHOLESTEROL; 44 G CARBOHYDRATE; 6 G ADDED SUGARS; 8 G PROTEIN; 6 G FIBER; 369 MG SODIUM; 301 MG POTASSIUM. **NUTRITION BONUS:** Magnesium (15% DAILY VALUE).

Florentine Hash Skillet

ACTIVE TIME: 10 MINUTES | **TOTAL:** 10 MINUTES

Here's a super-quick all-in-one-skillet breakfast to start your day, loaded with hash browns, spinach, egg and cheese.

- 1 teaspoon extra-virgin olive oil
- 1/2 cup frozen hash browns or precooked shredded potatoes (see Note)
- 1/2 cup frozen chopped spinach
- 1 large egg
- Pinch of salt
- Pinch of freshly ground pepper
- 2 tablespoons shredded sharp Cheddar cheese



Heat oil in a small nonstick skillet over medium heat. Layer hash browns and spinach into the pan. Crack egg on top and sprinkle with salt, pepper and cheese. Cover, reduce heat to medium-low and cook until the hash browns are starting to brown on the bottom, the egg is set and the cheese is melted, 4 to 7 minutes.

MAKES: 1 SERVING

PER SERVING: 226 CALORIES; 15 G FAT (5 G SAT, 7 G MONO); 226 MG CHOLESTEROL; 13 G CARBOHYDRATE; 0 G ADDED SUGARS; 13 G PROTEIN; 3 G FIBER; 374 MG SODIUM; 352 MG POTASSIUM. **NUTRITION BONUS:** Vitamin A (191% DAILY VALUE), Folate (35% DV), Calcium (23% DV), Iron (15% DV).

INGREDIENT NOTE: Shredded cooked potatoes can be found in the refrigerated produce section or dairy section of most supermarkets.

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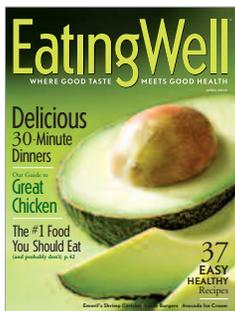
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