

BREAKFAST RECIPES



Breakfast Burritos

- **1 cup** potatoes, diced (1 medium potato)
 - **1/2 cup** onions, diced (1/2 medium onion)
 - **1 cup** bell peppers, diced (1 medium pepper)
 - **8** eggs, beaten
 - **1/8 teaspoon** garlic powder
 - **1/4 teaspoon** ground black pepper
 - **1 cup** 2% fat cheddar cheese, shredded
 - **8 (8 inch)** flour tortillas
1. Spray a large skillet with cooking spray. Cook the potatoes for 6-10 minutes over medium heat.
 2. Add onions and peppers to the potatoes. Cook for 3-4 minutes until the potatoes are browned.
 3. Add beaten eggs to the vegetable mixture. Cook for 4-5 minutes over medium heat. Stir off and on until there is no liquid.
 4. Stir in the garlic powder and pepper.
 5. Roll up each burrito. Use 2 tablespoons of cheese and 1/2 cup of the egg mixture in each tortilla. Serve or freeze.
 6. You can freeze the burritos. Wrap each burrito tightly in plastic wrap. Freeze in a single layer on a cookie sheet. Seal wrapped burritos in a freezer bag when they are frozen.
 7. To reheat the frozen burritos: Remove the plastic wrap. Wrap burrito in a damp paper towel. Set microwave on medium power. Heat burrito for 3-4 minutes.

Iowa State University Extension

Breakfast Pizza

- 4 eggs, beaten
- 2 teaspoons olive oil
- 1/4 cup skim milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup onion, chopped
- 2 tablespoons red pepper, chopped
- 1/2 cup baby spinach, coarsely chopped
- 1/3 cup 2% sharp cheddar cheese, shredded
- 2 whole wheat English muffins, split and toasted

Directions

1. Beat eggs, milk, salt and pepper with a whisk.

2. In a skillet heat oil over medium heat and sauté onion and red pepper for about 3 minutes. Add spinach until leaves start to wilt.
3. Pour egg mixture over sautéed vegetables and cook stirring until eggs mixture is scrambled.
4. Stir cheese into egg mixture until melted.
5. Divide scrambled egg and vegetable mixture in four servings and serve each over half of a toasted English muffin.

University of Illinois Extension

Scrambled Egg Muffins

- **2 cups** vegetables (washed and diced) (broccoli, red or green bell peppers, onion)
- **6** eggs
- **1/4 teaspoon** salt
- **1/4 teaspoon** ground black pepper
- **1/4 teaspoon** garlic powder
- **1/2 cup** low fat cheddar cheese, shredded

Instructions

1. Preheat oven to 350°F. Spray muffin tin with nonstick spray.
2. Add chopped vegetables to the muffin tin.
3. Beat eggs in a bowl. Stir in salt, pepper, and garlic powder.
4. Pour eggs into the muffin tin and bake 20-25 minutes. Remove the tin from the oven during the last 3 minutes of baking. Sprinkle the cheese on top of the muffins and return the tin to the oven.
5. Bake until the temperature reaches 160°F or a knife inserted near the center comes out clean.

Iowa State University Extension

Whole wheat Pancakes

Makes eight panca

- ½ cup All Purpose flour
- ½ cup Whole Wheat flour
- 1 egg
- 1 Tablespoon sugar
- ¾ cup nonfat milk
- 1 Tablespoon baking powder
- 2 Tablespoons oil or melted butter
- ½ teaspoon salt

Directions:

1. Preheat a griddle or flat bottom skillet.
2. Mix the flours, sugar, baking powder and salt in a medium bowl.
3. In a small bowl, beat the egg with a fork until fluffy. Stir in the milk and oil.

4. Make a well in the center of the dry ingredients. Pour in the milk and oil. Mix just until the flour disappears.
5. Grease preheated skillet and test the temperature. (Sprinkle with a few drops of water. If bubbles skitter, heat is right.)
6. Pour about 3 tablespoons batter from tip of large spoon or measuring cup onto hot griddle. Cook pancakes until puffed and bubbles form. Turn and cook other sides 'till golden brown.

Pancake Variations:

Apple Pancakes: Decrease milk to $\frac{1}{2}$ cup. Beat in $\frac{1}{2}$ cup applesauce and $\frac{1}{4}$ teaspoon ground cinnamon.

Blueberry Pancakes: Stir in $\frac{1}{2}$ cup fresh blueberries (or frozen, thawed and well drained).

Buttermilk Pancakes:

Substitute 1 cup buttermilk for the milk. Decrease baking powder to 1 teaspoon and beat in $\frac{1}{2}$ teaspoon baking soda.

Banana Pancakes: Reduce milk to $\frac{1}{2}$ cup. Add $\frac{3}{4}$ cup mashed bananas.

Washington State University Extension

Carrot "cake" Oatmeal

- 1 cup milk
 - 1 tbsp maple syrup (or other sweetener, to taste)
 - 1 tsp cinnamon powder
 - $\frac{1}{4}$ tsp ginger powder
 - A pinch of salt
 - $\frac{1}{2}$ cup rolled oats
 - 1 cup grated carrots
 - 1 tsp vanilla extract
 - Optional: 2 tbsp chopped walnuts, 1 tbsp dried fruit
1. Put the milk, maple syrup, cinnamon, ginger, and salt in a saucepan over medium heat.
 2. Add oats when mixture begins to simmer
 3. Cook for about 9 minutes or until mixture thickens.
 4. Remove from heat. Add vanilla
 5. Enjoy!