



Choose to Eat Wisely

Betty Holloway gave an excellent presentation at the Men's Breakfast in January. She also shared delicious recipes that were prepared for the breakfast. They are given below.

10 General Planning Tips for Healthy Nutrition

1. Eat breakfast every day
2. Eat every 3-4 hours to avoid extreme hunger
3. Have lean protein or healthy fats with every meal
4. Never eat carbohydrates alone
5. Include soluble fiber from legumes, oats, fruits or flaxseed every day
6. Fill half your plate with brightly colored vegetables
7. Drink mostly water or tea (green, white, red, herbal)
8. Avoid processed foods with high fructose corn syrup, partially hydrogenated oil, artificial sweeteners, diet drinks, junk foods and fried foods
9. Snack on real foods instead of packaged, processed or refined snack foods
10. Watch portion size if weight loss is a goal.

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10 Ways to Sneak In More Vegetables

1. Load salads with unexpected additions (chick peas, edamame, shredded cabbage, asparagus, sugar snap peas, artichokes, sprouts, etc. etc.)
2. Store broccoli florets (lightly blanched if you prefer) ready to eat in your frig. Make a healthy hummus dip or use roasted red peppers, white beans, garlic, olive oil and fresh herbs.
3. Layer thin slices of zucchini or eggplant into lasagna.
4. Spike vegetable juice with Tabasco, parsley or add carrot juice to morning OJ or apple juice.
5. Mix shredded carrots, zucchini, spinach, kale, into meatloaf, burgers, spaghetti sauce.
6. Add cauliflower or parsnips to the potato pot when making mashed potatoes and whip; season with fresh herbs if desired.
7. Marinate chunks of mushroom, zucchini, eggplant, bell pepper, onion in balsamic vinaigrette and grill on skewers.
8. Add chopped kale, chard or spinach greens to stews and soups just before serving.
9. Use pureed butternut squash or pumpkin as a base for vegetable soup and also add to cakes, cookies or muffins to add moisture and reduce the fat needed.
10. Go to your local farmer's market and try a new vegetable every week or join a CSA (Community Supported Agriculture).

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Grab and Go Veggie Egg Muffins 6 servings

- 1 tsp. olive oil
- 1/4 C. red onion, finely chopped
- 1 1/2 C. chopped broccoli florets
- 1/4 C. mushrooms, chopped
- 1/2 C. red pepper, diced (about 1/2 pepper)
- 1/4 tsp. Garlic powder and Mural of Flavor or herbs of choice
- 1/2 C. Morningstar Farms soy sausage (or regular) crumbles, turkey sausage or salmon or turkey ham, finely diced
- 2 oz. feta or fat reduced shredded cheese (about 1/2 C.)
- 9 eggs (omega-3), toss out 4 yolks
- 3 T. nonfat milk
- Dash of salt, pepper to taste and Hot sauce if desired

Spray 12 muffin cups. Preheat oven to 350°. Sauté onions, broccoli, mushrooms and pepper in olive oil for about 5 min. until tender, but still bright colored. Add herbs. Stir in soy crumbles (or fish or meat of choice) and turn off heat. Meanwhile whisk eggs and milk with salt and pepper and hot sauce. Distribute veggie mixture evenly in 12 muffin cups. Sprinkle cheese on top. Pour egg mixture evenly in the cups (about 3/4 full) and sprinkle with paprika if desired. Bake for about 20 min. until center is firm. Cool 5 minutes. Use bread knife to gently remove egg muffins from pan. Refrigerate leftovers and reheat gently in microwave. Note: Any greens or veggies can be added.

Per 2 muffins: 160 calories, 10 g. total fat 10, 3 g. saturated fat, 160 mg. cholesterol, 410 mg. sodium, 6 g. total carbohydrate, 2 g. fiber, 12 g. protein, 30% vitamin A 30%, vitamin C 70%, calcium 10%, iron 8%.

Berry Good Smoothie 2 servings

- 1 ripe banana, fresh or frozen
- 1 C. fresh or frozen blueberries
- 1/2 C. low-fat vanilla yogurt
- 1 C. skim milk (or soy milk)
- 2 scoops protein powder (opt.)

Whip at high speed until thick and creamy. Thin if desired with extra milk or water. Drink immediately; refrigerate leftovers. Note: If using fresh fruit, add 2-3 ice cubes before blending. Over ripe bananas can be peeled and placed in a baggie in the freezer for making smoothies. Substitute a ripe peach or mango for the berries when in season.

Per serving: 270 calories, 1.5 g. fat, 0.5 g. saturated fat, 5 mg. cholesterol, 300 mg. sodium, 41 g. carbohydrate, 4 g. fiber, 30 g. sugar, 26 g. protein, 25% vitamin A, 40% vitamin C, 45% calcium, 20% iron

Baked Oatmeal 6 servings

- 2 omega-3 eggs (or 1/2 c. egg substitute)
 - 2 C. nonfat milk
 - A tsp. vanilla
 - 2 C. old fashioned rolled oats
 - 1 T. brown sugar
 - 1/4 tsp. salt AND 1/4 tsp. cinnamon
 - 2-3 T. dried cherries, raisins or raisins
1. Whisk together.
2. Stir in dry ingredients to combine.

Pour into 8 or 9" square pan. Bake 375° 25 minutes or until firm. Sprinkle top with additional 2 T. brown sugar and broil at 500° for about 3-5 minutes until bubbly and caramelized, but not burned. Serve warm with milk, berries and chopped nuts.

Per serving with 1/2 C. nonfat milk: 240 calories, 4 g. fat, 1 g. saturated fat, 75 mg. cholesterol, 220 mg. sodium, 38 g. carbohydrate, 19 g. sugar, 3 g. fiber, 14 g. protein, 10% vitamin A, 30% calcium, 10% iron

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