

Healthy Budget Cooking Series Presents...

Breakfast!



Kashi Friendly Fiber Muffins

Makes 12 muffins

Ingredients:

- 1 cup whole wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 3/4 cups Kashi Good Friends OR Kashi GoLean cereal
- 3/4 cup skim milk OR rice milk OR soymilk
- 1/4 cup honey
- 2 egg whites
- 1/4 cup unsweetened applesauce
- 1 medium ripe banana, mashed
- Cooking spray

Spray muffin tin cups with cooking spray and preheat oven to 400°F. In a small bowl, stir together flour, baking powder, and salt. Set aside. In a large mixing bowl, combine cereal and milk and let stand for 2-3 minutes. Add honey and egg whites and beat well. Stir in applesauce and banana. Add flour mixture and mix only until dry ingredients are moistened, over mixing will produce rubbery muffins. Fill sprayed muffin tins. Bake for 20-25 minutes or until lightly browned.

Nutrition Information: Calories 90, Fat 0.5g, Protein 3g, Carb 22g, Fiber 3g, Sugar 8g

Mexican Breakfast Wraps

Makes 4 servings

Ingredients:

- 1 large green bell pepper, chopped (1 cup)
- 1 large onion, chopped (1 cup)
- 1/2 cup black beans, drained
- 1 3/4 cups fat-free egg product (from 2 8oz. cartons)
- 1/3 cup skim milk
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 4 fat-free flour tortillas (8-10 inch)
- 2 Tablespoons fresh cilantro
- 1/2 cup shredded fat-free Cheddar cheese (2 oz.)
- 1/4 cup chunky-style salsa



Spray a 10-inch skillet with cooking spray; heat over medium heat. Add bell pepper, onions, and beans; cover and cook for 4-6 minutes, stirring occasionally, until tender. In medium bowl, mix egg product, milk, salt, and pepper until well blended. Spray vegetables and skillet with cooking spray. Pour egg product mixture over vegetables; cook until set, occasionally stirring gently. Meanwhile, heat tortillas as directed on package. To serve, place warm tortillas on individual plates. Spoon scrambled egg mixture down center of each tortilla. Top each with cilantro, cheese, and salsa. Roll up tortillas.

Nutritional Information: Calories 280, Fat 1g, Protein 22g, Carb 45g, Fiber 5g, Sugar 7g

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Breakfast Casserole

Makes 12 servings



Ingredients:

- 7 slices Whitewheat bread, cubed
- 1 8oz. package of 2% shredded Cheddar cheese
- 2 whole eggs
- 8 egg whites
- 3 cups 1% low-fat milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound turkey sausage (can use turkey bacon OR Canadian bacon)
- 1/2 onion, diced
- 1 green or red bell pepper, diced

Preheat oven to 350°F. Brown meat if needed (i.e. sausage or bacon). Sauté onion and pepper in pan with cooking spray. Spread meat evenly on bottom of oiled lasagna pan. Mix bread and cheese in a bowl. Spread over meat in pan. Separate eggs and beat with milk, salt, pepper, onion, and bell pepper. Pour into pan over bread and cheese. Bake uncovered for 40-50 minutes (checking periodically to avoid over-browning).

Nutrition Information: Calories 210, Fat 10g, Sat. Fat 4g, Protein 21g, Carb 11g, Fiber 2g, Sugar 4g