

Healthy Budget Cooking



RISE AND SHINE: BREAKFAST!!



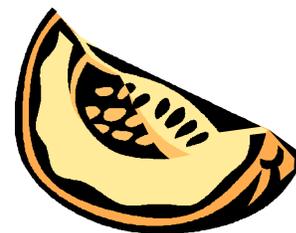
COTTAGE CHEESE CANTALOUPE SALAD

MAKES 4

- 2 cups (16 ounces) Low-fat cottage cheese
- ½ cup raisins
- ¼ cup chopped walnuts
- 1 medium cantaloupe
- ¼ cup low-fat granola
- 2 kiwifruit, peeled and sliced

<u>Nutrition Info:</u>	
Calories:	290
Fat:	7 grams
Protein:	16 grams
Cholesterol:	10 mg
Sodium:	470mg
Fiber:	4 grams

1. In a bowl, combine the cottage cheese, raisins, and walnuts; mix well.
2. Spoon into cantaloupe wedges.
3. Sprinkle with granola; top with kiwi.



FRITTATA

MAKES 1

- 2 tablespoons finely chopped onion
- ¼ cup chopped broccoli
- 2 mushrooms, sliced
- ½ teaspoon extra virgin olive oil
- 2 eggs
- 1 teaspoon skim milk
- Pinch of salt
- Grated Parmesan cheese

<u>Nutrition Info:</u>	
Calories:	171
Fat:	11 grams
Protein:	12 grams
Cholesterol:	361 mg
Sodium:	251 mg

1. Preheat broiler.
2. In an oven proof skillet over medium heat, sauté the vegetables in olive oil until they are soft. Remove from heat and set the vegetables aside. Don't wash the pan.
3. Beat together eggs, milk, and salt. Pout the egg mixture into the skillet, and stir slowly just until the bottom gets firm. Add the vegetables to the egg mixture, making sure they are evenly dispersed.
4. Place the skillet under the broiler for 5 minutes. The frittata is done with the top is firm. Sprinkle with grated parmesan cheese.



WHOLE-WHEAT HONEY BISCUITS WITH TURKEY SAUSAGE MAKES 12

1 cup lukewarm water
2 tablespoons active dry yeast
5 teaspoons honey
2 ½ cups whole wheat flour
Cooking Spray

Nutrition Info

Biscuit Only:

Calories:	100
Fat:	0.5 grams
Protein:	4 grams
Cholesterol:	0 mg
Sodium:	2 mg
Fiber:	3 grams

1. Pour the water into a large mixing bowl. Stir in the yeast and let sit until the mixture is slightly bubbly, about 10 minutes. Then add the honey and flour, and mix well.
2. Lightly coat a muffin tin (with at least 12 cups) with cooking spray. Fill each cup halfway with batter.
3. Let the muffin tin sit somewhere warm until the batter has doubled in size, about 30-40 minutes.
4. While the dough is rising, preheat the oven to 350 degrees F.
5. Bake for 20 minutes. Let sit in tins for 5-10 minutes before removing.

You can make these ahead of time and save them for a quick breakfast! Add some precooked Turkey sausage and enjoy!



Health
Promotion

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