



## 21 Breakfast Eye Openers

It is a great habit to get in to. Breakfast means "to break the fast". It is the most important meal of the day. Of all the nutritional mistakes you make, skipping breakfast is the biggest. A high energy breakfast sets the stage for a high-energy day.

### Quick & Easy

1. Low-fat yogurt and a frozen homemade bran muffin. Stir cereal such as grape nuts or low-fat granola into yogurt for crunch.
2. Packaged instant or ready-to-eat cereal with skim or 1% milk.  
HINTS: Avoid boredom by mixing different types of cereals together and topping with dried fruits or chopped nuts for interest.
3. Banana-extra large. Wash down with a glass of milk.
4. Graham crackers with low-fat milk.
5. Bring to work banana bread with 1 tablespoon peanut butter.
6. Buy a corn muffin, milk, and juice at the coffee shop.
7. Keep nonperishable emergency food in a drawer or locker at work — crackers, unsalted nuts, and dried fruits.
8. Bagel with low-fat cream cheese and low-sodium tomato juice.
9. Raisins and unsalted peanuts prepacked in small plastic bags.

### Nontraditional

10. Tuna or chicken salad with bagel, pita bread, or crackers.  
HINTS: Use low-fat mayonnaise. For flavor add dill or other herbs and low-sodium seasonings.
11. Cheese or peanut butter with crackers or on toast.  
HINT: Many cheeses and crackers are now available in lower fat versions (go easy on the peanut butter).
12. Toaster waffles topped with fruit spreads, preserves, or lowfat vanilla yogurt.
13. Leftover casseroles, soup, or pizza.
14. Blender drink - Whip together juice, fruit, and dried milk or yogurt (or Carnation Instant Breakfast - see Nutrition Boosters section for recipes). Drink in the car on the way to work.
15. Pita bread stuffed with light cheese, cottage cheese, peanut butter, or other handy fillings.
16. **Breakfast on a Bagel:** Split bagel in half and place on a baking sheet.  
Layer each half with 1 slice Canadian bacon, 1 tomato slice, and 1 tablespoon low-fat shredded cheese. Place under broiler for 1-2 minutes, or until cheese melts.
17. A baked potato with low-fat toppings
18. A peanut butter and honey sandwich
19. Cottage cheese and canned or fresh fruit
20. Tomato soup with crackers
21. Hummus on pita bread or a bagel

# Fast Flavorful Chicken

## The Technique:

Coat each chicken breast in 2 tablespoon flour\*. In skillet over medium-high heat, heat 1 tablespoon oil or margarine. Saute chicken until golden-brown on both sides. Add the desired sauce ingredients. Cover and simmer until fork-tender, about 10 minutes. Remove chicken to plate and keep warm. Boil sauce in skillet rapidly until slightly thickened. Add the "finishing touches" and heat through. Spoon sauce over chicken and finishing touch (garnish).

*Note: when recipe calls for wine, non-alcoholic wines may be substituted.*

The Dish	Sauce	Finishing Touch
<b>Marsala</b>	¾ C sliced mushrooms ¾ C Marsala (red) wine	2 TB chopped parsley
<b>California</b>	1 C sliced mushrooms ¾ C dry white wine	½ sliced avocado chopped parsley
<b>Milanese</b> *instead of flour, dredge in seasoned bread crumbs	1 garlic clove, minced ½ C white wine 2 TB lemon juice	2 TB chopped parsley garnish with lemon slices
<b>Santa Fe</b>	½ C red wine ¼ C tomato puree ¾ tsp. Oregano ½ tsp. Chili powder	Chopped parsley or cilantro
<b>Piccata</b>	1 garlic clove, minced ½ C white wine 2 TB lemon juice	2 TB chopped parsley toasted pine nuts
<b>Yucatan</b>	½ C lemon juice 3 TB raisins 2 TB canned chopped hot chilies	1 TB chopped cilantro  Garnish with sour cream
<b>Provençal</b>	1/3 C chopped onion 1 tsp. Dried basil ¾ C white wine	½ C chopped canned tomatoes ¼ C chopped black olives chopped parsley
<b>Sesame</b> Mix 1 egg with 2TB milk. After dredging in flour, dip chicken into egg mixture, then coat with 3TB sesame seeds.	¾ C chicken broth ½ tsp. Soy sauce ½ tsp. Fresh grated ginger 1 garlic clove, minced ¼ tsp. Sesame oil	Garnish with chopped parsley or cilantro
<b>With Peppers</b> Note: Use extra lean ham	¼ C diced, cooked ham ¼ C chopped onion ½ C white wine ¼ red pepper, slivered ¼ green pepper, slivered ¼ tsp. Thyme leaves	Garnish with chopped parsley

