

# BUILD A BETTER BREAKFAST RECIPES



## ALL-DAY BREAKFAST SALAD

**GOOD SOURCE OF PROTEIN & IRON**

**NUTRITIONAL INFORMATION:** Serving size: 1 ½ cups; Calories 230; Fat 16g (sat fat: 3g); Sodium 460mg; Carbohydrate 12g; Fiber 4g; Protein 14g

## BALSAMIC STRAWBERRIES & RICOTTA

**GOOD SOURCE OF CALCIUM & VITAMIN C**

**NUTRITIONAL INFORMATION:** Serving size: 1 cup; Calories 180, Fat 5g (sat fat 3g); Sodium 80mg; Carbohydrate 27g; Fiber 2g; Protein 8g

## START RIGHT SMOOTHIE

**GOOD SOURCE OF ANTIOXIDANTS**

**NUTRITIONAL INFORMATION:** Serving size: 8 ounces; Calories 324; Fat 13g (sat 1g); Sodium 162mg; Carbohydrate 46g; Fiber 6g; Protein 10g



# BUILD A BETTER BREAKFAST RECIPES

## ALL-DAY BREAKFAST SALAD – SERVES 4

### INGREDIENTS:

- 4 slices Canadian bacon (4 ounces)
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- ½ teaspoon Dijon mustard
- Salt and freshly ground black pepper to taste
- 8 ounces baby spinach leaves (about 8 cups lightly packed)
- 2 cups cherry or grape tomatoes, cut in half
- 4 hard-boiled eggs, peeled and chopped
- ½ cup chopped fresh flat-leaf parsley leaves

### PREPARATION:

Cook the Canadian bacon in a medium nonstick skillet over medium heat until golden brown, about 2-3 minutes per side. Remove from the skillet and cut into ½ -inch strips. Set aside. In a small bowl, whisk together the oil, vinegar, and mustard. Season with salt and pepper. Place the spinach in a large serving bowl. Add the dressing and toss to coat evenly. Top with the tomatoes, eggs, Canadian bacon, and parsley, and serve.

## BALSAMIC STRAWBERRIES & RICOTTA – SERVES 4

### INGREDIENTS:

- 1 cup part-skim ricotta cheese
- 2 tablespoons honey
- ½ teaspoon vanilla extract
- 1-2 tablespoons balsamic glaze (or thick well-aged balsamic vinegar)
- 1 (16-ounce) container strawberries, hulled and quartered
- 2 tablespoons fresh basil leaves, cut into ribbons

### PREPARATION:

Put the ricotta cheese, honey, and vanilla extract into the small bowl of a food processor and process until smooth, about 1 minute (alternatively, use an electric whisk). Transfer to a small bowl and refrigerate for at least 2 hours. In a medium bowl, toss the berries with the basil and the balsamic glaze. Divide the ricotta cheese mixture among 4 bowls, top with the berry mixture and serve.



# BUILD A BETTER BREAKFAST RECIPES

## START RIGHT SMOOTHIE – SERVES 1

### INGREDIENTS:

- ½ ripe banana, cut into chunks, frozen
- 3 medium strawberries (2.5 ounces), fresh or frozen
- 1 cup nonfat milk
- 2 tablespoons wheat germ (or swap with hemp, chia, or ground flax seeds)
- 2 tablespoons sliced almonds
- 1 tablespoon honey
- ¼ teaspoon vanilla extract
- ½ cup ice

### PREPARATION:

Combine all of the ingredients and blend on high until smooth.

*Source Ellie Krieger*

## EQUIPMENT NEEDED

Medium nonstick skillet  
Small saucepan  
Small, medium, and large mixing bowls  
Cutting board and knife  
Food processor  
Blender

## INGREDIENTS

### *Produce*

- 8 ounces baby spinach leaves
- 2 cups cherry or grape tomatoes
- 1 (16-ounce) container strawberries, plus 3 fresh or frozen strawberries
- 1/2 cup fresh flat-leaf parsley leaves
- 2 tablespoons fresh basil leaves
- 1/2 banana (ripe)

### *Dairy/Eggs*

- 4 hard-boiled eggs
- 1 cup part-skim ricotta cheese
- 1 cup nonfat milk

### *Deli*

- 4 slices Canadian bacon (4 ounces)

### *Baking, Canned, and Non-perishables*

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- 1-2 tablespoons balsamic glaze
- 1/2 teaspoon Dijon mustard
- 3 tablespoons honey
- 1 teaspoon vanilla extract
- 2 tablespoons sugar
- 2 tablespoons wheat germ
- 2 tablespoons sliced almonds
- Salt
- Pepper



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## MISE EN PLACE

*Cooking along? Have the following items prepped in advance of the demo. Arrange all other ingredients at your workspace so they are readily accessible and have measuring utensils and equipment handy.*

*PRO TIP! Arrange your ingredients from left to right in order they appear in the recipe*

### ALL DAY BREAKFAST SALAD:

- Hard boil the eggs (if not purchasing already hard-boiled)
- Slice the tomatoes in half
- Chop the parsley leaves

### BALSAMIC STRAWBERRIES AND RICOTTA:

- Wash, hull, and quarter the strawberries

### START RIGHT SMOOTHIE:

- Slice and freeze the bananas (TIP! As bananas start to brown, slice and place them in your freezer to have available for smoothies and nice creams)

