

HEALTHY BREAKFAST RECIPES

Pumpkin Spice Overnight Oats



With just five minutes of prep time the night before, you'll have an easy grab-and-go breakfast that will keep you satisfied all morning. These hearty, pumpkin-spiced oats are packed with fiber, protein and cancer-fighting polyphenols. Whole grains like oats can improve your digestion, aid in weight control, and lower your risk for colorectal cancer.

Makes 1 serving – 330 calories, 7g fat, 50g carbs, 17g protein, 8g dietary fiber, 280mg sodium

Ingredients:

- 1/2 cup rolled oats
- 1/2 cup unsweetened almond milk (or any type of milk)
- 1/3 cup plain Greek yogurt
- 1 Tbsp ground flaxseed
- 2 Tbsp pumpkin puree
- 1 Tbsp maple syrup
- 1/2 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp ground nutmeg
- Pinch of salt

Directions

Stir together all ingredients in a medium-sized mixing bowl. Add to a mason jar with a fitted lid. Refrigerate and store overnight.

FRENCH STYLE SPINACH AND CHEESE OMELETTE



A healthy breakfast is the perfect opportunity to start your day off on the right track. This French-style omelet is fluffy and golden with the rich flavor of Parmesan cheese and sautéed spinach. Eggs provide protein and B vitamins and at only 80 calories each, they're an easy, healthy meal option. Make the recipe as is, or mix it up with leftover veggies.

Makes 1 serving: 278 calories, 21g total fat (8g saturated fat), 3g carbs, 18g protein, 1g fiber, 341mg sodium

Ingredients

- 2 cups baby spinach, firmly packed
- 2 Tbsp. grated Parmigiano-Reggiano cheese
- 2 large eggs
- 1 Tbsp. cold water
- 1 tsp. canola oil
- 1 tsp. unsalted butter
- Freshly ground pepper
- Canola cooking spray

Directions

In dry, medium skillet over medium-high heat, cook spinach, stirring often until leaves collapse and spinach is tender, about 4 minutes. Cool spinach on plate, then squeeze out most of its moisture. Finely chop spinach and place in small bowl. Place cheese in another bowl.

Using fork, beat eggs, water and 3 or 4 grinds pepper just until egg yolks and whites are combined. Set aside.

Set omelette pan or skillet with 7-inch bottom over medium-high heat for 1 minute. Coat pan lightly with cooking spray. Add oil and butter, lifting and swirling pan to coat lower sides. When butter stops foaming, pour in eggs. Using flexible spatula, push edges of set egg toward center of pan so unset eggs flow out. When top of omelette still has some unset egg in center, slide pan off heat. Sprinkle on cheese. With handle toward you, arrange spinach across center of omelette.

Returning pan to heat with handle toward you, immediately use spatula to fold third of omelette near you over center. Lift, jerk sharply and tilt pan away from you so omelette slides forward. Using spatula, roll omelette over and slide it onto plate with seam side down. Serve immediately.

BANANA WAFFLES WITH BLUEBERRIES



These banana waffles are soft, fluffy and made with whole-wheat flour and oats that make them delicious and high in filling fiber. Whole grains provide more fiber and phytonutrients than their refined counterparts. The oats provide polyphenolic substances that can help reduce cancer-promoting inflammation. Top with fresh blueberries and walnuts for a healthy start to your day.

Makes six 6 ½ inch waffles

Per serving: 302 calories, 16g total fat (2g saturated fat), 33g carbs, 9g protein, 4g dietary fiber, 405 g sodium.

Ingredients

- 1 medium banana
- 1 large egg
- 1½ cups milk
- ¼ cup canola oil
- 1 tsp. vanilla extract
- ¾ cup white whole-wheat flour or whole-wheat pastry flour
- ½ cup unbleached all purpose flour
- ½ cup quick cooking oats
- 2 Tbsp. sugar
- 2 tsp. baking powder
- 1 tsp. ground cinnamon
- 1 tsp. nutmeg
- ½ tsp. salt
- Cooking spray
- ⅓ cup toasted, chopped walnuts

Blueberry Sauce

1/4 cup honey
2 cups fresh blueberries
2 Tbsp. lemon juice

Directions

Prepare Blueberry Sauce below.

Preheat waffle iron. For golden brown waffles set browning control on medium. For crisper, darker waffles set browning control to higher setting.

In large mixing bowl, mash banana with fork. Add egg, milk, oil and vanilla extract and stir together. Add flours, oats, sugar, baking powder, cinnamon, nutmeg and salt. Stir together until just combined. Batter will be lumpy.

Spray both sides of waffle iron with cooking spray. Pour batter in center of waffle iron (amount will vary depending on waffle iron size; check manufacturer's instructions for amount). Cook until waffle iron indicates waffle is done, about 3-5 minutes.

Remove waffle from iron and place on serving plate. Top waffle with walnuts and blueberry sauce and serve.

Waffles are best served when made to order. Cooked waffles may be kept warm in oven or toaster oven set on 200 degrees F. Waffles will lose crispness upon holding. Freeze leftover waffles in plastic storage bag and reheat in toaster or toaster oven.

Blueberry Sauce:

In small saucepan over medium heat, warm honey, stirring until thin, about 2 minutes.

Turn off heat and add blueberries and lemon juice. Let sauce sit until ready to use.

BAKED EGGS WITH MUSHROOMS



There is nothing better than a hot breakfast on a cold morning. This earthy breakfast casserole recipe is an easy way to use cancer protective vegetables and whole grains. The combination of fiber and protein in this hearty dish will help satisfy any appetite.

Makes six servings

Per serving: 209 calories, 9g total fat (3g saturated fat), 19g carbs, 13.5 g protein, 3.5g dietary fiber, 309 sodium.

Ingredients

6 (1-oz) slices whole-grain bread	Salt and freshly ground black pepper
Canola oil cooking spray	6 cups baby spinach leaves, loosely packed
1 Tbsp. extra virgin olive oil	6 large eggs
1 medium onion, chopped	1/2 cup unsweetened almond milk or low-fat milk
6 green onions, chopped, including green stems	1/2 cup reduced-fat cheddar, part-skim mozzarella cheese or Jarlsberg cheese
2 cups sliced mushrooms (any variety works, shitake or crimini are especially good)	1 Tbsp. chopped parsley or chives

Directions

1. Preheat oven to 350 degrees F.
2. In toaster, lightly toast bread. Coat a 9x13-inch baking pan with cooking spray. Arrange toast in flat layer without overlapping.
3. In large skillet, heat oil over medium-high heat. Add onion and sauté 5 minutes. Add green onion and sauté 3 minutes.
4. Add mushrooms and cook until they begin to brown, about 2-3 minutes. Season to taste with salt and pepper. Cook another 4 minutes. Stir in spinach and let wilt, about 2-3 minutes.
5. Evenly spread mushroom and spinach mixture over toast.
6. Crack an egg over each piece of toast. Lightly season with salt and pepper, to taste. Pour milk over eggs and sprinkle with cheese.
7. Bake until egg whites are set, about 28-30 minutes. Garnish with parsley or chives. Cut into 6 sections and serve hot.

CHICKPEA CREPES WITH SPINACH MUSHROOM PESTO



These crepes use flour made from chickpeas called besan (or garbanzo bean or gram flour in the gluten-free aisle). Besan is made from beans so it's still packed with fiber and protein, like whole grains. Fill with a savory combination of spinach, mushroom and pesto for the perfect brunch in bed.

Makes six servings

Per serving: 170 calories, 11g total fat (1.5g saturated fat), 15g carbs, 6g protein, 4g dietary fiber, 400mg sodium

Ingredients

Crepes

1 cup chickpea flour
2 Tbsp. extra virgin olive oil
1 tsp. finely chopped fresh rosemary
3/4 tsp. salt
2 tsp. soft buttery spread, if using skillet

Filling

2 tsp. extra virgin olive oil
1/4 cup finely chopped red onion
1/3 cup finely chopped red bell pepper
6 oz. Cremini mushrooms, thinly sliced
(about 2 cups)
1 (5 oz. box) baby spinach
2 Tbsp. prepared pesto
Salt and freshly ground black pepper

Directions

1. In medium bowl, whisk chickpea flour, oil, rosemary and salt with 1 cup water until mixture is smooth. Let batter sit 20-30 minutes to thicken slightly. Before cooking stir to loosen any clumps.
2. For crepes, set non-stick crepe pan over medium-high heat until drops of water flicked into pan ball up and bounce. With one hand, hold pan up at 45-degree angle. Pour 1/4 cup batter near top of pan, rotating pan as you pour so batter flows into 6-7-inch round crepe. Cook until crepe is golden on bottom, 1-2 minutes. Using large spatula, turn and cook until crepe is lightly golden on bottom, about 30 seconds. Transfer crepe to large plate. Cover each crepe with wax paper. If using a regular skillet instead of non-stick crepe pan, coat hot pan with 1/2 teaspoon spread before first crepe and repeat as needed between crepes.
3. If not filling crepes immediately, cool to room temperature and cover plate with plastic wrap. Hold crepes at room temperature for up to 8 hours, refrigerate for up to 24 hours.
4. For filling, in medium skillet heat oil over medium-high heat. Add onion and cook, stirring, 2 minutes. Add red peppers and cook, stirring, until onions are translucent, 5 minutes. Add mushrooms and cook, stirring occasionally, until mixture looks wet, 5-6 minutes. Add spinach, stirring to wilt leaves. Cook, stirring often, until most of moisture has evaporated and filling is tender, 8 minutes.
5. If crepes have been made ahead, wrap them in foil and warm in 250 degrees oven, 20 minutes. To assemble crepes, in small bowl, mix pesto with 2 tablespoons warm water. Stir pesto into filling. Arrange a crepe on a plate. Spoon one-sixth filling over bottom half of each crepe, then gently fold crepe in half over filling. Repeat with remaining crepes and filling. If desired, garnish plate with some mesclun leaves and strawberries. Serve immediately.