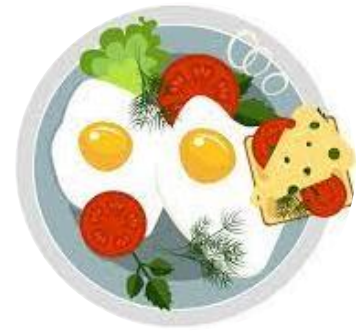


Veggies for Breakfast?



Yes, Fruit fits easily into breakfast, but vegetables can be a challenge. Here are some tips to help you wake up your fruit and vegetable appetite:

- *Stir things up.* For a quick breakfast, add raisins or chopped dates to instant oatmeal, or stir blueberries, strawberries, or sliced banana into whole-grain cereal with fat-free milk.
- *Get scrambling!* Add fresh or frozen chopped spinach, mushrooms, and diced tomatoes to scrambled eggs or omelets. Really, any veggies will work!
- *Make a breakfast sandwich.* Top a whole-wheat English muffin with either reduced-fat peanut butter and banana slices, or hummus, sliced cucumbers, tomato, and fresh spinach.
- *Batter up.* Add grated carrots or zucchini to pancake, quick bread, or muffin batter.
- *Drink your produce.* Whir carrots and fresh orange juice in a blender for a refreshing breakfast beverage.
- *Say "Olé!"* Make a breakfast burrito by wrapping low-fat cheddar cheese, scrambled eggs, and diced bell peppers in a whole-wheat tortilla. You also can make a vegetable-and-cheese quesadilla in a nonstick pan with a scant amount of canola oil.
- *Pick a fruit pizza.* Spread reduced-fat dinner rolls in a pizza pan and bake. Top the pizza with orange sections or slices of kiwi, apples or strawberries, and drizzle fat-free vanilla yogurt over the top.
- *Make a quick white or sweet potato hash.* Grate the potatoes—they cook faster that way. Place the potatoes in a glass bowl and microwave for about three minutes or until hot; drain any juice. Heat a skillet or frying pan on the stove and then stir-fry the potatoes with a teaspoon of olive oil until crispy.
- *Make it savory.* While fruit is more commonly added to oatmeal, switch it up by adding sauteed vegetables like mushrooms or onions to unsweetened instant oatmeal for a savory twist. Sprinkle it with cheese for added flavor.

Think of breakfast as the perfect opportunity to incorporate vegetables, enhance the flavor of your meals and boost its nutritional value.

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