

Veggies for Breakfast? Yes!



Many Americans may find it easier to fit fruit into breakfast, but vegetables can have an equally delicious place at the table. Here are some tips to help you wake up your fruit and vegetable appetite:

- **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 hummus, sliced cucumbers, tomato and fresh spinach.
- **Batter up.** Add grated carrots or zucchini to pancake, quick bread or muffin batter.
- **Drink your produce.** Whirl 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.
- **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 approximately 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 such as mushrooms or onions to unsweetened instant oatmeal for a savory twist. Sprinkle it with cheese for added flavor.