



# A Better Breakfast

Layer your favorite grains, vegetables and greens in a bowl for a heart-healthy and hearty breakfast!

## Start with 1/2 Cup Cooked Grains

*Brown Rice, Quinoa, Farro, or other ancient grains*

## Add 1/2 Cup Roasted Vegetables

*Tomatoes, Carrots, Brussel Sprouts, Squash and Mushrooms*

## Add 1 Cup Sautéed Greens

*Arugula, Spinach, Baby Kale*

## Top with 1-2 Large Poached Eggs

## Season with 1-2 Tbsp of Sauce (Optional)

*Hummus, Sriracha, Tahini*



## Breakfast of Champions: Our Favorite Grain Breakfast Bowl

1/2 cup	cooked red quinoa
1/2 cup	roasted peeled sweet potatoes
1 cup	spinach
1 Tbsp	sriracha (optional)
2	poached eggs

1. Rinse quinoa under cold running water. Drain and return to bowl.
2. In a small saucepan, add 1 cup of water.
3. Place over medium heat and bring to a boil. Reduce to a simmer for 10-15 minutes or until liquid is absorbed.
4. Add your roasted sweet potatoes, spinach and sriracha (optional).
5. Add poached eggs to top.

Per 1 serving: 351 Calories, 372 mg Cholesterol, 14 g Total Fat, 4 g Saturated Fat, 200 mg Sodium, 38 g Carbohydrate, 6 g Fiber, 19 g Protein.

## Technique for Perfectly Poached Eggs

3-4 cups	water (enough to be 1 inch up the side of a pan)
2 tsp	white vinegar
1 tsp	salt

1. Combine water, vinegar and salt in a pot.
2. Bring water to simmer.
3. Crack egg into a small bowl or dish.
4. Pour egg into simmering water.
5. Turn heat off and cover pot for 5 minutes.
6. Remove egg from water with slotted spoon or spatula and serve immediately.
7. Cooking longer will result in a firmer yolk.

## Technique for Tasty Roasted Vegetables

1. Preheat oven to 400 degrees.
2. Chop vegetables into 1/4 inch pieces. Toss in 1-2 Tbsp olive oil. Sprinkle with 1/2 tsp of salt and 2 Tbsp pepper.
3. Spread evenly on a 9 x 13 pan.
4. Roast vegetables for 30-45 minutes, stirring once or twice, until softened and starting to brown.

*Note: Roasted vegetables are tasty prep-ahead side dishes and make a great addition for tacos, grain bowls and more. Best served within 5 days of cooking.*

## Terrific Taco Seasoning

Makes about 9 servings at 1 Tbsp each.

2 Tbsp	dried oregano	1 Tbsp	onion flakes	1/2 Tbsp	black pepper
2 Tbsp	salt	2 Tbsp	ground ancho chili		
1 Tbsp	garlic powder	1 Tbsp	cumin		

Combine the above with a whisk. Store in airtight container for best results.

16 Calories, 0 mg Cholesterol, < 1 g Total Fat, < 1 g Saturated Fat, 1553 mg Sodium, 3 g Carbohydrate, 1 g Fiber, 1 g Protein

## DIY Trail Mix

### STEP 1

#### THE BASICS

1/2 cup	nuts (walnuts, peanuts, almonds, cashews, pistachios)
1/4 cup	dried fruit (raisins, cranberries, cherries, figs, wasabi peas)
3 Tbsp	seeds (pepitas, sunflower seeds, chia seeds, crunchy chickpeas)
2 Tbsp	extras (chocolate chips, popcorn, coconut chips, mini pretzels)

### STEP 2

#### OUR FAVORITES

##### ANTIOXIDANT MIX

1/2 cup	walnuts
1/4 cup	dried cranberries
3 Tbsp	pumpkin seeds
2 Tbsp	dark chocolate chips

##### SAVORY TRAIL MIX

1/2 cup	almonds
1/4 cup	freeze dried wasabi peas
3 Tbsp	salted and roasted chickpeas
2 Tbsp	mini pretzels

##### BLUE HAWAII MIX

1/2 cup	macadamia nuts
1/4 cup	dried blueberries
3 Tbsp	hemp seeds
2 Tbsp	coconut chips

## Chocolate Zucchini Muffins

Makes: 24 muffins or 48 mini muffins

1 cup	whole wheat pastry flour	3	large eggs
2 cups	white whole wheat flour	1/2 cup	sugar
1/2 tsp	salt	1/2 cup	brown sugar
1 tsp	cinnamon	1/4 cup	extra light olive oil
2 Tbs	cacao powder	3/4 cup	applesauce - unsweetened
1 1/2 tsp	baking powder	1 tsp	vanilla extract
1/2 tsp	baking soda	3 cups	grated fresh zucchini
2 oz	melted 60% cocoa dark chocolate (approx - 1/3 cup dry measure)	1 cup	dark chocolate chips tossed in 1 tsp of all purpose flour

1. Preheat oven to 350.
2. Grease pan.
3. Melt the 2 oz of chocolate and set aside.
4. Sift together flour, salt, cinnamon, cacao, baking powder and baking soda.
5. In mixer, beat eggs, sugar, brown sugar, oil and applesauce. Add vanilla and then melted chocolate.
6. Mix in the flour mixture till well combined. Add zucchini and the chocolate chips.
7. Pour into baking dish. If doing muffins, fill to the top.
8. Bake 15-30 minutes depending on pan.

Per regular-sized muffin: 186 Calories, 23 mg Cholesterol, 7 g Total Fat, 3 g Saturated Fat, 117 mg Sodium, 29 g Carbohydrate, 3 g Fiber, 4 g Protein