healthy family breakfasts
recipes to fuel your day

Mandarin Yogurt Parfaits
Apple Cinnamon French Toast
Savory English Muffins
Protein-Packed Breakfast Muffins
Weekend Breakfast Grazing Board

Mission for Nutrition
what is national nutrition month?
Each year, the Academy of Nutrition and Dietetics encourages families to learn about making informed food choices and developing healthful eating and physical activity habits through their National Nutrition Month® initiative.

shopping list
Join us on a Mission for Nutrition. It's easy! Use this shopping list to map out your registered dietitian-approved breakfasts this week.

from our partners
Bee Sweet Citrus® Mandarin
Nature Fresh Farms™ Ombré Cherry Tomatoes™
RealSweet® Sweet Onions from Shuman Farms
JAZZ™ Apples

other items needed
<table>
<thead>
<tr>
<th>PRODUCE</th>
<th>MEAT &amp; DAIRY</th>
<th>GROCERY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basil</td>
<td>Eggs</td>
<td>Brown sugar</td>
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<tr>
<td>Cilantro</td>
<td>Light cream cheese</td>
<td>Cinnamon</td>
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<tr>
<td>Guacamole</td>
<td>Low-fat vanilla Greek Yogurt</td>
<td>English muffins</td>
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<tr>
<td>Mint</td>
<td>Milk</td>
<td>Low-fat granola</td>
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<td></td>
<td>Turkey breakfast sausage</td>
<td>Protein pancake mix</td>
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<tr>
<td></td>
<td></td>
<td>Vanilla</td>
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<td>Whole wheat bread</td>
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</tbody>
</table>
weekend breakfast grazing board

- Hard-boiled eggs
- Cooked sausage links
- Mini frozen waffles, toasted
- Mini frozen pancakes, toasted
- Mini muffins
- Yogurt
- Fresh fruit
- Syrup
- Jelly

Scan for 40+ Grab & Go Healthy Breakfasts for busy weekends or weekdays!
mandarin yogurt parfaits

INGREDIENTS
- 1 Bee Sweet Citrus® mandarins, peeled and segmented
- 1 container of vanilla, low-fat, Greek yogurt (5.3 oz.)
- 2 T low-fat granola

DIRECTIONS
1. Scoop yogurt into glass, fill 1/4 - 1/3 of the way.
2. Sprinkle 1 - 2 tablespoons of granola.
3. Top with more yogurt.
5. Garnish with fresh mint and mandarin zest if desired.

Did you know? The first parfait recipe was found in a 1890s French cookbook and the word parfait means "perfect" in English.
mandarins

Seasonality
Mandarin oranges can be found in stores most of the year with their peak season being November - April.

Health Benefits
Mandarins are a healthy source of fiber, Vitamin C, thiamin, folate, potassium & antioxidants.

How to Select the Perfect Mandarin
Choose fruit that feels heavy for its size with a firm, finely textured skin.

Skin color is not an indicator of flavor or ripeness. Those with greenish hues can be just as tasty!

How to Store Mandarins
Store at room temperature for 1 - 2 days or in the fridge for up to 2 weeks.
ingridients

- Nature Fresh Farms™ Ombré Cherry Tomatoes™
- 1 T lite cream cheese
- 1 egg
- 1 T crumbled turkey sausage, sauteed
- 1 T basil, finely chopped
- 1 T cilantro, finely chopped
- 1 T balsamic glaze

directions

Toast English muffin and top with any combination of toppings:

- Guacamole + tomatoes + cilantro
- Cream cheese + tomatoes + turkey sausage
- Egg + tomato + basil + balsamic glaze

English muffins were invented in 1880 in NYC by Samuel Bath Thomas. At the time, they were called "toaster crumpets".
Tomatoes

Seasonality
Tomatoes are available year round.

Health Benefits
Tomatoes are an excellent source of Vitamins A, C, K and also Lycopene. They have potassium which helps control blood pressure, maintain nerve function, and help muscle control.

How to Select the Perfect Tomato
Look for plump, heavy tomatoes with smooth skins. They should be free of bruises, blemishes, or deep cracks, although fine cracks at the stem ends of ripe tomatoes do not affect flavor.

How to Store Tomatoes
Store tomatoes at room temperature. Never in the refrigerator. Always store them stem-side-up to avoid bruising.
apple cinnamon french toast

INGREDIENTS
- 2 JAZZ™ apples, peeled, cored & sliced
- 2 T light brown sugar
- 1 tsp ground cinnamon
- 4 - 6 slices of whole wheat bread
- 2 eggs, lightly beaten
- 1/2 c. milk
- 1/4 tsp. vanilla extract

DIRECTIONS
1. Spray a large sauté pan with olive oil spray.
2. Add in apples, brown sugar and cinnamon and cooked until soft.
3. Pour apples into a bowl while preparing the French toast, wipe pan clean.
4. Spray pan again.
5. In a large, wide bowl whisk together eggs, vanilla, milk, and cinnamon.
6. Completely submerge one slice of bread in the mixture, careful to coat both sides. Lift the bread out of the liquid and allow to drip off excess.
7. Cook bread in a large pan over medium heat 1-2 minutes until lightly browned, then flip and cook other side 1-2 minutes.
8. Repeat with remaining bread slices.
9. Generously top toasts with apple-cinnamon mixture.
10. Sprinkle with powdered sugar if desired.
apples

Health Benefits
Apples are extremely rich in important antioxidants, flavanoids, and dietary fiber. The phytonutrients and antioxidants in apples may help reduce the risk of developing certain diseases.

Selection Tips
Pick up the apple and gently press a small area of the fruit's skin. It should be firm to the touch. Avoid apples that are noticeably soft, discolored, or indent easily after you press the skin.

How to Store
If storing apples in the fridge, place them inside a crisper drawer and lay a slightly dampened paper towel on top of the apples.

Before You Eat
Carefully wash apples even if you do not plan on eating the skin. Use lemon juice on apple slices to keep them from browning.
sweet onions

Health Benefits
Sweet onions are an excellent source of cancer-fighting antioxidants, vitamin C, folate, and fiber.

How to Store
Because sweet onions have a higher water and sugar content than most yellow or white onions, they can bruise easily. The best way to prevent this from happening is to store them in a cool, dry place & separated from each other.

Caramelize Without the Sugar! There's no need to add sugar to your sweet onions - they are sweet enough on their own! Just cook them low & slow for about 20 minutes with a little bit of olive oil or butter.
protein packed sausage breakfast muffins

**INGREDIENTS**
- RealSweet® onion, diced
- 1 lb. turkey sausage
- 4 eggs
- 1/2 c. shredded cheddar cheese
- 1 c. protein pancake mix

**DIRECTIONS**

1. Preheat the oven to 350F degrees. Spray a 12-cup muffin pan with non-stick cooking spray. Set aside.
2. Add sweet onion to a skillet and cook until translucent. Add turkey sausage and cook until no longer pink. Remove from heat.
3. In a large mixing bowl, lightly beat the eggs. Add the shredded cheese, pancake mix, and the fully cooked sausage; mix well.
4. Fill the prepared muffin cups about ¾ full with the mixture.
5. Bake for 18-20 minutes, or until golden brown on top.
**5 TIPS TO SAVE MONEY ON PRODUCE**  
(without clipping coupons)

- **Make a list & stick to it.** When buying fresh produce, remember that some items have a short shelf life. Limiting your purchases to items on your list will help with your grocery bill & food waste.

- **Buy local when you can.** Transportation cost is one of the biggest factors in the price of produce. Choose local when it is available.

- **Know your produce department.** The front or feature table of your produce department (often the one you see as soon as you walk in) usually has the best deals. Don't forget to also check out the end caps on each produce aisle, as they usually will have seasonal items displayed.

- **Become friends with your produce manager.** Throughout the week, a “hot buy” may come into the store that didn’t make it in time to be included in the weekly ad. This happens with items are at the end of their season or if the crop is doing well. Chat with your produce manager and he may tell you what just came in at a great deal.

- **Stock up on seasonal produce.** Although we can generally buy any produce item at any time of year, it is not always affordable to do so. Knowing a little about when your favorite item is in-season will save you money & you’ll be eating it when it tastes the best.