

Breakfast *in a* FLASH



**Delicious Breakfast
in 30 Minutes or Less..**

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BREAKFAST FRITTATA

Prep and Cook Time:
20 min.

Ingredients:

½ medium onion, minced
4 medium cloves garlic, chopped
¼ lb ground lamb or turkey
2 + 1 TBS chicken broth
3 cups rinsed and finely chopped kale, (stems removed)
2 whole free range chicken eggs
3 egg whites
salt and black pepper to taste

Directions:

Preheat broiler on low.
Heat 1 TBS broth in a 9-10 inch stainless steel skillet. Healthy Sauté onion over medium heat, for about 3 minutes, stirring often.
Add garlic, ground lamb or turkey, and cook for another 3 minutes on medium heat, breaking up clumps.
Add kale and 2 TBS broth. Reduce heat to low and continue to cook covered about 5 more minutes.
Season with salt, pepper and mix.
Beat eggs, season with a pinch of salt and pepper, and pour on top of mixture evenly. Cook on low for another 2 minutes without stirring.
Put under broiler in middle of oven, about 7 inches from the heat source, on low, so it has time to cook without the top burning. When it gets firm it is done, about 2-3 minutes.

BREAKFAST RISOTTO

Prep and Cook Time:

25 min.

Ingredients:

1 cup Arborio rice (this is the Italian rice risotto is made with)
2 cups water
1 15oz can coconut milk
1 8oz can cubed pineapple (save juice)
¼ cup sliced almonds
¼ cup raisins
1 cup cubed firm banana about 1/2 inch pieces

Directions:

Bring water with rice to a boil in medium sized sauce or soup pan on high heat. Once it comes to a boil, turn heat to medium low and simmer uncovered, stirring frequently for creaminess.

While rice is cooking prepare rest of ingredients. As water is absorbed in rice add pineapple juice from can and keep cooking. When that is absorbed add the can of coconut milk. As that gets absorbed, but while still creamy, add rest of ingredients. Heat for another 2-3 minutes and serve when rice is tender. This should be still juicy and creamy without being runny. This is good served warm or cold.

BREAKFAST BURRITOS

Prep and Cook Time:

15 min.

Ingredients:

4 slices turkey bacon
2 flour tortillas (7 inch)
2 Tbl. shredded Sharp Cheddar Cheese
1 large egg white
1 Tbl. chopped green chilies

Directions:

Cook turkey bacon in a nonstick skillet on medium heat 8 to 10 minutes or until lightly browned. Place 2 turkey bacon slices on each tortilla; sprinkle with cheese. Beat egg and chilies; add to hot skillet. Cook and stir 2 minutes or until set. Divide egg mixture between tortillas; fold tortillas over filling. Top with Salsa, if desired.

BREAKFAST PITA POCKETS

Prep and Cook Time:
15 min.

Ingredients:
1 pita bread, cut in half
2 eggs
salt and pepper to taste
1/2 cup cooked and diced potatoes

Directions:
Preheat oven to 350 degrees F (175 degrees C). Place pita bread in the oven to warm. Heat a medium skillet over high heat. Coat with cooking spray. Add potatoes and saute until lightly browned, about 5 minutes. Reduce heat to medium and add eggs. Mix gently until eggs are firm, about 45 seconds. Season with salt and pepper. Remove pita from oven. Stuff pita with potato and egg mixture. Eat immediately.

PERFECT OATMEAL

Prep and Cook Time:
15 min.

Ingredients:

2¼ cups water
dash salt
1 cup regular rolled oats
½ tsp cinnamon
½ cup raisins
¼ cup chopped walnuts
soy milk, or skim milk
sweetener such as molasses, or honey

Directions:

Combine the water and salt in a small saucepan and turn the heat to high.

When the water boils, turn the heat to low, add oatmeal, and cook, stirring, until the water is just absorbed, about 5 minutes. Add cinnamon, raisins, and walnuts, stir, cover the pan and turn off heat. Let set for 5 minutes. Serve with milk and sweetener.