

Healthy Breakfast

Recipes

Fall 2014



Frittata Muffins

Serves 6

Ingredients

- 12 eggs
- 2 cups sautéed vegetables
- 1 teaspoon salt
- Oil to grease pan, such as olive oil



Directions

1. Preheat oven to 350°F. Grease a muffin pan.
2. In a medium bowl, whisk the eggs with the salt. Stir in vegetables. Pour egg mixture into muffin pan.
3. Bake for 20-25 minutes, or until tops are light golden brown.
4. Serve warm, or refrigerate for up to 4-5 days.

Veggie Combination Ideas:

Mushrooms & spinach. Bell pepper & onion.
Broccoli & tomato. Roasted/grilled veggies.

Pizza Omelet

Serves 2

Ingredients

- 2 whole eggs
- 4 egg whites
- 1 teaspoon oil
- ½ cup pizza sauce
- Vegetable toppings of choice, sautéed
- Optional: mozzarella cheese



Directions

1. Whisk eggs and egg whites in a medium bowl.
2. Heat a medium nonstick skillet on medium-high heat. Add the oil, then eggs. Push eggs towards the center of the pan until they are fully cooked and form a solid round base for your pizza. Flip the eggs over and remove from heat.
3. Spread pizza sauce over the eggs, then vegetable toppings and cheese (if using).
4. If the pan is oven safe, place it under the broiler. If not, place the pizza omelet on a baking sheet and place under a broiler until eggs/cheese start to brown, about 3-5 minutes. Watch carefully to prevent burning. Cut into 4 slices and serve.

Topping ideas: mushrooms, spinach, broccoli, tomato, bell pepper, onion, artichoke hearts, olives, pesto, basil



Health Matters is UC Berkeley's Wellness Program with campus partners including Office of Environment, Health & Safety, Human Resources, Physical Education Program, Recreational Sports, and University Health Services: CARE Services, Disability Management Services, Ergonomics@Work, Occupational Health Clinic, and Work/Life.



Savory Oatmeal

Serves 4-6

Ingredients

- 1 cup steel cut oats
- 3-4 cups vegetable broth or water
- Extra virgin olive oil
- 1 yellow onion, diced
- 10 oz. mushrooms, sliced
- 1 bunch greens, such as chard or spinach

Optional additions:

- Egg, poached or pan-fried
- Low-sodium tamari
- Sesame seeds
- Sliced green onion
- Hot sauce or crushed red pepper

Directions

1. In a saucepan, heat oats and broth. Bring to a boil, then reduce heat and simmer for about 20-30 minutes, or until oats reached desired texture, stirring occasionally.
2. Meanwhile, heat a skillet over medium heat and add oil. Add onions and cook for 1-2 minutes. Add mushrooms and cook until onions become translucent. Add greens and turn the heat to low, mixing the vegetables until the greens are wilted.
3. Combine cooked oats with vegetables and serve with optional ingredients of your choice.

Tip: To reheat, add 1-2 tablespoons broth or water and microwave for 1-2 minutes.



Breakfast Bites

Makes ~18 bites

Ingredients

- 2 very ripe bananas
- 1 cup unsweetened applesauce
- 1 ½ cup rolled oats
- 1/3 cup raisins or other dried fruit
- 1 teaspoon cinnamon
- Oil for greasing pan such as coconut oil or canola oil

Mix-in Ideas: Nuts, nut butter, dried blueberries, diced apple, cocoa powder, dark chocolate chips, ground flax

Directions

1. Preheat oven to 350°F. Grease a cookie sheet.
2. Mash the bananas in a medium bowl, then add remaining ingredients and mix well.
3. Drop 1-2 tablespoons of batter onto the cookie sheet. These “cookies” will not rise or spread, so shape them how you want.
4. Bake for 25-30 minutes, or until golden brown on top.



Tip: Pair with a lean protein for a filling breakfast (e.g. Greek yogurt, eggs, tofu scramble, nuts)

For more information and healthy cooking resources, visit Cook Well Berkeley at <http://tinyurl.com/cookwellberkeley>

