

## Breakfast and Lunch Ideas for Busy People

Too busy to think about what to make for breakfast or lunch? Try these easy-to-make ideas.

### Breakfast

You do not need to eat the same breakfast day after day. Try one of these easy suggestions:

- Spread cottage cheese on a piece of raisin bread, top with a dollop of crushed pineapple, and broil for a few minutes
- Cook soy sausage patty according to package directions; mix Egg Beaters<sup>®</sup>, diced red pepper, precooked soy sausage patty (crumbled), low-fat cheese, and salsa together; cook over low-medium heat in a skillet; then wrap egg combination into a tortilla
- Mix low-fat pancake mix, according to package directions, but add a few handfuls of bran cereal and fruit before cooking
- Make Cream of Wheat<sup>®</sup> according to package directions, and then stir in reduced-calorie jam and slivered almonds
- Make a bowl of old-fashioned oats, according to package directions, but halfway through the cooking time add ¼ cup (C) chunky applesauce, 1 diced banana, ¼ C raisins, and a dash of cinnamon; stir in ¼ C vanilla-flavored soy milk
- Mix ground turkey, one or two slices of torn wheat bread, sage, a diced apple, and a dash of black pepper together; form mixture into patties; broil until cooked through
- Mix Egg Beaters and milk together; add some vanilla extract and cinnamon; dip thick slices of whole-grain bread into mixture, coating both sides; place into a baking dish and add peach slices to dish; bake for 15 minutes at 450° F, flipping halfway through baking time
- Mix 1 C Egg Beaters and ½ C lite whipping cream together; add diced bell pepper, fresh broccoli, reduced-fat Swiss cheese, and/or low-sodium ham to egg mixture; pour into a 9" frozen pie shell, which has set out for several minutes to soften; spread with 1 tablespoon (Tbsp) yellow mustard; bake for 30 minutes at 350° F or until egg is set
- Spread a whole-wheat English muffin with peanut butter; top with a sliced banana; drizzle with honey
- Top frozen whole-grain waffles with blackberries and lite maple syrup; add a dollop of reduced-fat whipped cream and a sprinkle of cinnamon

### Lunch

You can prepare all of these meals the night before. All you need is a refrigerator for storage or an insulated lunch box to keep the food cool.

- Mix cooked cheese tortellini with peas; stir in a dressing made from fat-free mayonnaise, mustard, and skim milk; chill well; serve chilled
- Marinate sliced cucumber, broccoli pieces, sliced onion, diced tomato, and sliced red or green peppers in honey mustard; serve vegetable/mustard mixture in a whole-grain pita pocket
- Mix a can of chicken with low-fat mayonnaise, a diced Granny Smith apple, a small handful of raisins, and a dash of black pepper; serve on a ciabatta roll
- Cook 1 C bulgur in 1 C boiling water for 5-10 minutes; mix in cherry tomatoes, diced cucumber, diced onion, a splash of lemon juice, and fresh mint
- Mash a can of drained, rinsed chickpeas with a jar of sun-dried tomatoes (drained and chopped) and ½ C low-fat mayonnaise; spread on a whole-wheat tortilla, lined with fresh lettuce leaves; sprinkle part-skim mozzarella cheese on top

- Mix cooked long-grain rice, drained and rinsed canned black beans, and salsa together; serve chilled
- Combine cooked rotini pasta with cooked chicken breast, an assortment of your favorite vegetables, reduced-fat cheese cubes, and Italian dressing; chill well; serve chilled
- Mix your favorite variety of lettuce with chopped red onion, black or green olives, and feta cheese; drizzle with olive oil and red wine vinegar; serve in a whole-wheat pita
- Mix cooked pasta with canned salmon and baby tomatoes; drizzle with a basic vinaigrette or low-fat Italian dressing
- Mix Neuchâtel cheese and drained roasted red peppers together; spread on whole-wheat crackers; top with smoked turkey breast

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