

BALANCED BREAKFAST

M a k e s 1 s e r v i n g

Breakfast is one meal where it can be difficult to get in all the MyPlate food groups, but it is important to start the day with a balanced meal. This breakfast recipe makes a full MyPlate meal for one! It can easily be changed based on what ingredients you have at home.

- 1/4 cup old-fashioned Oats Dash of cinnamon
- 1/2 cup water or low-fat milk
- 1/2 cup strawberries quartered or other berries 1 egg
- 1/2 cup broccoli, red pepper, and onion, chopped into 1/2 inch pieces 1 tsp butter or oil
- 1/4 cup shredded cheddar cheese

Boil water or heat milk until hot. Add oats and cook for 3-5 minutes. When oatmeal is done, put in a small bowl or add to your plate and sprinkle a small amount of cinnamon on top. Add butter or oil to a hot pan. Add chopped vegetables to pan and cook until tender. Using the same pan as used for vegetables, scramble the egg. Top the egg with cheddar cheese. Place all ingredients on your plate following the MyPlate guide.

Pasta Salad	
Nutrition Facts	
Serving Size	1.50 Cups
Amount Per Serving	
Calories	471.2
% Daily Value*	
Total Fat	15.2 g 19 %
Saturated Fat	5.2 g 26 %
Trans Fat	0.3 g
Cholesterol	70.6 mg 5 %
Sodium	555.1 mg 24 %
Total Carbohydrate	51.2 g 19 %
Dietary Fiber	5.4 g 19 %
Total Sugars	8.2 g
Added Sugars	- g - %
Protein	34 g
Vitamin D	0.2 mcg 1 %
Calcium	234.8 mg 18 %
Iron	2.8 mg 16 %
Potassium	428.9 mg 9 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Balanced Breakfast	
Nutrition Facts	
Serving Size	1 full recipe
Amount Per Serving	
Calories	343.1
% Daily Value*	
Total Fat	19.6 g 25 %
Saturated Fat	9.5 g 47 %
Trans Fat	0.5 g
Cholesterol	202.3 mg 16 %
Sodium	277.8 mg 12 %
Total Carbohydrate	27 g 10 %
Dietary Fiber	5 g 18 %
Total Sugars	7.1 g
Added Sugars	- g - %
Protein	16.3 g
Vitamin D	1.1 mcg 6 %
Calcium	269 mg 21 %
Iron	2 mg 11 %
Potassium	399.6 mg 9 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	