



PART THREE:  
**THE RECIPES**



# *BREAKFAST*

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# Apricot Bread

A good brunch offering.

Makes 2 loaves, about 15 slices each

## Ingredients

1	cup	boiling water
1 ½	cup	dried apricots
½	tsp	baking soda
½	cup	granulated sugar
½	cup	egg substitute
2 ¾	cups	all-purpose flour
3	tsp	baking powder
1	cup	chopped nuts

## Preparation

- ❑ Pour boiling water over the apricots and let stand until just tender; don't oversoak them.
- ❑ Drain off the water, measure, adding water to make 1 cup.
- ❑ Roughly chop the apricots.
- ❑ Pour apricot water into a large mixing bowl. Add soda, sugar and egg substitute and mix with a wooden spoon:
- ❑ Add flour, baking powder, chopped nuts and apricots and mix well again:
- ❑ Lightly oil two small loaf pans. Divide the batter between the prepared pans.
- ❑ Bake for about 45 minutes, or until the breads have risen, are dark in color, and a toothpick or knife comes out clean when inserted in the center.
- ❑ Cool on racks and serve.

Thanks to Walt & Phyllis Quinn, Group 25

**CATEGORY:** Breads

## Nutrition Facts

Serving Size 1/30 recipe (38g)

Servings Per Container 2 loaves, 15 slices each

Amount Per Serving

**Calories** 100      **Calories from Fat** 25

% Daily Value\*

**Total Fat** 2.5g      **4%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 80mg      **3%**

**Total Carbohydrate** 17g      **6%**

Dietary Fiber 1g      **4%**

Sugars 7g

**Protein** 3g

Vitamin A 2%      • Vitamin C 0%

Calcium 2%      • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Breakfast Frittata

Most frittatas (Italian omelets) are too high in cholesterol to be served as a main course. In this, egg substitute is used to replace egg yolks.

### Ingredients:

1 ½	lbs	potatoes (3 medium-large), peeled and finely diced
1	tsp	canola oil
1 ½	cups	fresh or frozen broccoli
6		scallions or green onions, cut diagonally into ½ inch slices
1 ½	cups	egg substitute
½	cup	grated nonfat cheddar
½	cup	nonfat cottage cheese
2	Tbsp	minced fresh parsley or 2 tsp dried parsley flakes
½	tsp	salt, if desired
½	tsp	freshly ground black pepper

### Preparation:

- ❑ In a large, covered oven-proof skillet, nonstick, cook the potatoes in the oil over medium heat, stirring them once or twice, for about 10 minutes or until they are tender and lightly browned.
- ❑ Add the broccoli and scallions, cover the skillet, cook the mixture for another 5 minutes (the broccoli should be tender-crisp).
- ❑ Preheat oven to 350°F –
- ❑ Meanwhile in a medium bowl beat the egg substitute with the cheese, parsley, salt and pepper.
- ❑ Pour this over the vegetable mixture and cook the frittata for about 5 minutes, pushing the ingredients occasionally with a spatula to allow any uncooked egg to make contact with the skillet.
- ❑ Place the skillet in the preheated oven for 5 minutes or until set on top.

Serves 4

Source: Jane Brody

**CATEGORY:** Egg/MeatSubstitute

### Nutrition Facts

Serving Size 1/4 recipe (382g)  
Servings Per Container 4

Amount Per Serving

**Calories** 240    **Calories from Fat** 10

% Daily Value\*

**Total Fat** 1.5g    **2%**

**Saturated Fat** 0g    **0%**

**Trans Fat** 0g

**Cholesterol** 5mg    **2%**

**Sodium** 700mg    **29%**

**Total Carbohydrate** 39g    **13%**

**Dietary Fiber** 5g    **20%**

**Sugars** 8g

**Protein** 23g

**Vitamin A** 25%    • **Vitamin C** 120%

**Calcium** 25%    • **Iron** 20%

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Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Breakfast Parfait

A little nonfat dairy and some vitamin-rich fruit and you've just started your day right, nutritionally speaking.

### Ingredients:

3/4	cup	fat-free cottage cheese
1	cup	pineapple chunks, papaya chunks or cling peaches
2	tsp	toasted wheat germ

### Preparation:

- Place cottage cheese in a small bowl.
- Top with fruit and sprinkle with wheat germ.

### Nutrition Facts

Serving Size (436g)

Servings Per Container 1

Amount Per Serving

**Calories 220**      **Calories from Fat 5**

% Daily Value\*

**Total Fat 0.5g**      **1%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 10mg**      **3%**

**Sodium 650mg**      **27%**

**Total Carbohydrate 33g**      **11%**

Dietary Fiber 3g      **12%**

Sugars 27g

**Protein 22g**

Vitamin A 8%      • Vitamin C 30%

Calcium 15%      • Iron 8%

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Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Breakfast Parfait with Yogurt

A little nonfat dairy and some vitamin-rich fruit and you've just started your day right, nutritionally speaking.

### Ingredients:

3/4	cup	non-fat plain yogurt
1	cup	pineapple chunks, papaya chunks or cling peaches
2	tsp	toasted wheat germ

### Preparation:

- Place yogurt in a small bowl.
- Top with fruit and sprinkle with wheat germ.

### Nutrition Facts

Serving Size (320g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 160	<b>Calories from Fat</b> 10
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 32g	<b>11%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 22g	
<b>Protein</b> 10g	
Vitamin A 45%	• Vitamin C 160%
Calcium 25%	• Iron 4%
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	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



# Chocolate Banana Muffins

Who doesn't love a fat-free chocolate muffin? To further reduce carbs, leave off the glaze.

makes 18 muffins

## Ingredients:

2	cups	all-purpose flour
¾	cup	sugar, divided
¼	cup	unsweetened cocoa powder
¾	tsp	baking soda
½	tsp	baking powder
¼	tsp	salt
1 ½	cups	plain non-fat yogurt
½	cup	mashed ripe banana
¼	cup	skim milk
2	tsp	vanilla extract
3		egg whites

## White Glaze

½	cup	powdered sugar
3-4	tsp	warm water

## Preparation:

- ❑ Preheat oven to 350°F. Line 2 ½ inch muffin pan cups with paper liners.
- ❑ In large bowl, stir together flour, ¼ cup sugar, cocoa, baking soda, baking powder and salt; set aside.
- ❑ In medium-sized bowl, stir together yogurt, banana, milk, and vanilla; set aside. In small bowl with electric mixer at high speed, beat egg whites until soft peaks form. Gradually beat in remaining ½ cup sugar; beat until stiff peaks form.
- ❑ Stir yogurt mixture into flour mixture until moistened. With rubber spatula or wire whisk, fold in one-third egg white mixture. Gently fold in remaining egg white mixture until blended.
- ❑ Fill muffin cups ¾ full with batter.
- ❑ Bake 20 to 25 minutes, or until wooden toothpick inserted in center comes out clean.
- ❑ Cool completely in pan on wire rack.
- ❑ Meanwhile, prepare White Glaze by stirring powdered sugar together with warm water, beating until smooth and of desired consistency. Drizzle on cooled cupcakes.

Thanks to: Wendy Mueller. R.D.

**CATEGORY:** Desserts

## Nutrition Facts

Serving Size 1 muffin (63g)  
Servings Per Container 18

Amount Per Serving

**Calories** 120      **Calories from Fat** 5

% Daily Value\*

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 125mg      **5%**

**Total Carbohydrate** 26g      **9%**

Dietary Fiber 1g      **4%**

Sugars 14g

**Protein** 3g

Vitamin A 2%      • Vitamin C 2%

Calcium 4%      • Iron 4%

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Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



## Cranberry Orange Breakfast Barley

Add this to your list of favorite breakfasts. Barley is a great alternative to oatmeal and has the same cholesterol-lowering properties.

Makes 4 servings, about 1 cup each

Prep time: 5 minutes Cook time: 45 minutes

### Ingredients:

3	cups	water
1	cup	barley, rinsed and drained
1½	cups	orange juice
½	cup	dried cranberries
3	Tbsp	honey (or artificial sweetener)
¼	tsp	cinnamon

### Preparation:

- ❑ Place water and barley in a medium saucepan and bring to a boil.
- ❑ Reduce heat and simmer, covered, for 30 minutes, stirring occasionally.
- ❑ Stir in remaining ingredients and continue cooking over low heat, uncovered, for 15 – 30 minutes or until most of the liquid has been absorbed and the barley is thick and creamy.

From Debbie Lucas, R.D.

Adapted from Raley's Something Extra Magazine. I usually make the whole recipe, put it in individual containers and reheat all week in the microwave. It is a carb-heavy, but could be reduced by using Light orange juice (or just water instead and some orange peel for the flavor), Splenda instead of honey and ½ the amount of dried cranberries/

**CATEGORY:** Cereal

### Nutrition Facts

Serving Size (352g)

Servings Per Container 4

Amount Per Serving

**Calories 320**      **Calories from Fat 5**

% Daily Value\*

**Total Fat 0.5g**      **1%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 15mg**      **1%**

**Total Carbohydrate 75g**      **25%**

Dietary Fiber 9g      **36%**

Sugars 33g

**Protein 6g**

Vitamin A 2%      • Vitamin C 50%

Calcium 4%      • Iron 8%

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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4