

Food Advocate

Monthly Newsletter
April 2023: Breakfast Recipes

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Welcome!

Hi, I'm glad you are here! Now that we have entered a new year, I thought there was no better way then to start something new! I wanted to create a space for us to keep in touch, sharing recipes, cooking tips, and more. I hope to continue this newsletter each month and I encourage you to share any recipe ideas or other recommendations you have!

Breakfast Recipes

Breakfast tends to be the most skipped meal of the day, but it is the most *important* meal of the day. Whether you are running late or bored of the same breakfast, these following recipes are for you. These meals will keep you full before lunch comes around, and some can even be prepped the night before! I have included sweet and savory options depending on your cravings that morning-enjoy!



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Breakfast Burrito

Yield: 1

Total Time: 10-15 mins

- Great source of protein
- Includes other food groups such as grains and vegetables
- A savory option, with a variety of flavor
- Rinse and dice vegetables prior, to save time!

Ingredients:

- 1 tablespoon olive oil
- 1 whole wheat tortilla (around 10-inch)
- 2 eggs
- 1/2 bell pepper
- 1/2 onion
- 1/2 cup spinach
- 1/3 cup cheese (I prefer sharp cheddar or cheddar jack)
- hot sauce or siracha (optional)



Directions:

1. Start by rinsing and dicing your bell pepper and onion. Add both to the pan with the oil and cook for about 2-3 mins.
2. While the vegetables are simmering, whisk both eggs in a bowl. Then transfer the whisked eggs to the pan with the vegetables.
3. Begin to mix together all ingredients. Add your spinach and cheese. At this point you can also add any seasoning (I like salt, pepper, garlic powder, and paprika).
4. Once everything is cooked through to your liking, you can take the pan off the burner and get out your tortilla. If you would like to brown your tortilla slightly you can stick it in the warm pan or in a toaster oven for 1-2 mins.
5. Now place your cooked ingredients inside your tortilla and top with hot sauce or siracha if you choose to do so!

Loaded Avocado Toast

Yield: 1

Total Time: 5 mins

- Many combinations can be made
- A nourishing snack or meal
- Avocado contains healthy fats and are high in fiber
- A great meal to experiment with texture and taste; include a new topping you never had before- you never know, you may like it!

Main Ingredients:

- 1 tablespoon olive oil
- 1/2-1 avocado (depending on how much avocado you prefer)
- 1 egg
- 1 piece of whole wheat bread

Optional Toppings:

- lemon juice
- honey
- cheese (I prefer feta or parmesan)
- seeds/grains
- pickled onions
- smoked salmon
- tomato
- everything seasoning
- hot sauce or siracha



Directions:

1. Begin by prepping any toppings. Set aside.
2. Add oil to your pan and cook your egg to your liking, whether that is scrambled, poached, fried, etc. While the egg begins to cook, add your bread to the toaster.
3. Once the egg is done cooking, take it off the heat.
4. Remove bread from the toaster once it has slightly browned and top with your egg.
5. Garnish your toast with your favorite toppings and enjoy!

Oatmeal Cookie Skillet

Yield: 4-6

Total Time: 20 mins

- Eat for breakfast or use as a substitute for your favorite sweet treat
- Can be prepped the night before to save time in the morning

Ingredients:

- 2 ripe bananas
- 2 eggs
- 1 tablespoon vanilla extract
- 1/2 cup almond milk or other milk substitute
- 3 cups oats
- 1/3 cup-1/2 cup coconut sugar
- 1 tsp baking soda
- dash of salt
- handful of chocolate chips



Directions:

1. Mash the two bananas. Set aside.
2. Whisk both eggs in a bowl and add the vanilla extract, milk, and the mashed bananas. Set aside.
3. Blend oats until it turns into a flour consistency.
4. Add the blended oats, coconut sugar, baking soda, and a dash of salt into a separate bowl.
5. Combine the wet and dry ingredients into one bowl. Add in the chocolate chips last.
6. Place the mixture in an oven-safe dish and bake at 375 degrees Fahrenheit for 12-15 minutes (place a toothpick or a fork in the center; if it comes out clean your skillet is done).

The Ultimate Smoothie

Yield: 1

Total Time: 5 mins

- Other ingredients can be added to increase the sweetness, such as agave, raw honey, 100% maple syrup, coconut sugar, and or dates
- For a thicker smoothie, stick to frozen fruit (I always freeze my bananas when they start to brown)
- A great way to get in more fruits/veggies and try new things!

Ingredients:

- 1 cup frozen or fresh blueberries
- 1 frozen banana
- 1/2 cup almond or other milk substitute
- 1 scoop vanilla protein powder
- 1 cup spinach (optional)
- 1 tablespoon natural peanut butter (optional)
- 1/3 cup Greek yogurt (optional)

Directions:

1. Add all ingredients into a blender and blend!
2. Top with extra fruit, seeds, and or nuts.

