

Ideas for Using Vegetables at Breakfast

by Laurie Manahan, MS, RD

1. **“Egg Foo Young”**: Buy a bag of “Brocco-slaw” (it’s in the Veggie section of all supermarkets). Put into a pan with a little oil. Mix up some eggs, and pour them over the veggies. When the eggs solidify, turn, cook a little longer, and then serve. You can also add bean sprouts to make the dish more crunchy.
2. **Polenta** (cornmeal): Slice several slices off the tube, and fry in a little oil in a pan for about 3-4 minutes. Then turn slices over and fry another few minutes. Drain oil from slices and serve with low-cal jelly/ syrup, or salsa.
3. **Beans**: Buy a can of Chili Beans (Pinto Beans). Add a can of diced tomatoes. Stir, heat, and serve with a sprinkle of grated cheese and salsa on top.
4. **“Light Soup” from a can.** (Progresso and other brands sell cans of “light” soup with 100 cal/serving. Just heat and eat. (You can sprinkle some grated cheese on top.)
5. **Drink a glass of V-8 juice.**
6. **Salad Omelet**: Line the bottom of an omelet pan with mixed veggies from a bag, or spinach, or kale. Mix up some eggs and pour them over the veggies. When the eggs have set, turn them over, cook a little longer, and serve.
7. **“Tofu Scrambler”**: You can buy a box of this mix at Andy’s, along with some firm flavored tofu. Crush the tofu and scramble with the seasoning from the box. The box can be found in the Pasta section of Andy’s, near the Rice-A-Roni.)
8. **Slice up different veggies**: cucumbers/ English cucumbers; tomatoes; red/green/yellow/orange peppers; radishes; or cut up pieces of broccoli or cauliflower; or serve petite whole baby carrots; along with spreads (cream cheese spreads in different flavors); or dips (hummus); or plain yogurt.
9. **Hummus**: Spread hummus (garbanzo bean spread) on toast, or use as a dip or spread for sliced veggies or sliced fruit (like apple or pear slices).