

Avocado Breakfast Bruschetta

Start your day with a breakfast twist on classic bruschetta: avocados, tomato, hard-boiled egg, and ricotta with basil atop toasted rustic wholegrain bread



Average Cost: \$12.16



Prep Time: 20 minutes



Average Cook Time: N/A



Average Servings: 4

Recipe Source: MyPlate.gov

Ingredients

- 1 Ripe avocado
- 2 Medium tomatoes
- 1 Green onion
- 1/2 Cup chopped fresh basil (plus 2 tbsp for garnish)
- 4 Eggs (hard-boiled)
- 12 Slices whole-wheat baguette bread
- 1/4 Cup ricotta cheese (reduced-fat) cracked black pepper to taste

Directions

Step 1

Dice avocado, tomatoes, and green onions. Peel and chop hard-boiled eggs.

Step 2

Reserving 2 Tbsp basil for garnish, gently toss first five ingredients in a small bowl. Add pepper to taste.

Step 3

Toast baguette slices and smear with ricotta cheese.

Step 4

Top with avocado mix and garnish with chopped basil.

Utensils Needed

- Cutting board
- Sharp knife
- Butter knife

NUTRITION FACTS

Serving Size: 1/4 of recipe

Nutrients	Amount
Calories	340
Total Fat	17 g
Saturated Fat	4 g
Cholesterol	190 mg
Sodium	434 mg
Total Carbohydrates	32 g
Dietary Fiber	9 g
Total Sugars	6 g
Added Sugars	1 g
Protein	17 g



Healthy Egg Burrito

Add more veggies to your breakfast with this healthy egg burrito!



Average Cost: \$6.16



Prep Time: 10 min



Average Cook Time: 10 -15 min



Average Servings: 3-4

Recipe Source: “Good and Cheap” recipe book by Leanne Brown, pg. 17

Ingredients

- 3-4 Whole Grain Tortillas
- 1/2 A Sweet Red Pepper (diced)
- 1 Tbsp Fresh Cilantro or Dill (finely chopped)
- 2 Handfuls of Spinach (chopped)
- Small Red Onion (finely diced)
- 1/4 Cup Grated Cheese (optional)
- 4 Eggs
- 1 Tsp Canola oil for the pan
- Salt and Pepper (to taste)

Directions

Step 1

Crack eggs into a bowl and whisk (or use a fork) to mix well. Heat a skillet over medium heat on the stove, and add oil to the pan.

Step 2

Add chopped onions to the pan. Use a spatula to saute onions until they are translucent. Add red bell pepper and saute for about 5 minutes. Add spinach and cook until just slightly wilted.

Step 3

Pour eggs over all veggies in the pan and swirl around to coat the entire bottom of the pan. Cook by scrambling with a spatula or fold over for an omelet.

Step 4

Turn off heat and add cilantro, cheese, and salt and pepper to taste.

Step 5

Fill heated tortillas with mix and fold into a burrito. Serve immediately.

Utensils Needed

- Knife
- Cutting board
- Mixing bowl
- Measuring cups and spoons
- Skillet/saute pan
- Whisk/fork
- Serving plate

NUTRITION FACTS

Serving Size: 1 burrito

Nutrients	Amount
Calories	280
Total Fat	16 g
Saturated Fat	6 g
Cholesterol	n/a
Sodium	520 mg
Total Carbohydrates	21 g
Dietary Fiber	0 g
Total Sugars	n/a
Added Sugars	n/a
Protein	16 g



Black Bean and Rice Salad

Full of protein, fiber, and flavor, this salad works well as a side dish or stands alone as a main dish. It can also be made ahead of time and refrigerated.



Average Cost: \$6.07



Prep Time: 1 hour, 20 minues



Average Cook Time: N/A



Average Servings: 3

Recipe Source: MyPlate.gov

Ingredients

- 1/2 Cup onion (chopped)
- 1/2 Cup bell pepper (green or red, chopped)
- 1 Cup brown rice (or white rice, cooked and cooled)
- 1 Can low-sodium black beans (15 ounce, drained and rinsed)
- 1/4 Cup rice vinegar (or white wine vinegar or lemon juice)
- 1/2 Tsp mustard powder (optional)
- 1 Clove garlic (chopped, or 1/2 teaspoon garlic powder)
- 1/2 Tsp salt
- 1/4 Tsp pepper
- 2 Tbsp vegetable oil

Directions

Step 1

Wash hands with soap and water.

Step 2

In a mixing bowl, stir together onion, red or green pepper, rice, and beans.

Step 3

In a jar with a tight fitting lid, add vinegar, dry mustard, garlic, salt, pepper and vegetable oil. Shake until dressing is evenly mixed.

Step 4

Pour dressing over bean mixture and stir to mix evenly. Chill for at least one hour. Serve cold as a side dish or main dish

Utensils Needed

- Can opener
- Measuring cups
- Measuring spoons
- Cutting board
- Sharp knife
- Mixing bowl
- Colander
- Jar with tight fitting lid

NUTRITION FACTS

Serving Size: 1 Cup

Nutrients	Amount
Calories	520
Total Fat	12 g
Saturated Fat	2 g
Cholesterol	0 mg
Sodium	688 mg
Total Carbohydrates	87 g
Dietary Fiber	17 g
Total Sugars	3 g
Added Sugars	0 g
Protein	18 g



Rice Crusted Pizza

A fun and unique twist on pizza using rice as the crust. Enjoy this main dish with all of your favorite toppings!



Average Cost: \$5.86



Prep Time: 20 minutes



Average Cook Time: 30 minutes



Average Servings: 12

Recipe Source: [MyPlate.gov](#)

Ingredients

- 2 Cups rice (cooked)
- 16 Ounces mozzarella cheese, part skim
- 1 Egg
- 1/4 Tsp salt
- 2 Cups tomato puree

Directions

Step 1

Heat oven to 350 degrees. Grease a 12 inch pizza pan or baking sheet.

Step 2

Cook rice following directions on the package; set aside. Grate cheese; set aside.

Step 3

Crack egg and place in mixing bowl, stirring to blend. Measure and add 2 cups cooked rice, 1 cup grated cheese, and salt. Mix well to combine ingredients.

Step 4

Spread rice mixture in prepared pan, pressing firmly and making outer edge slightly raised. Spread tomato puree evenly over rice mixture.

Step 5

Place pan in oven. Bake for 25 minutes. Remove pan from oven sprinkle pizza with remaining cheese. Bake 5 minutes longer or until cheese melts.

Step 6

Remove pizza from oven. Cut into 12 slices.

Utensils Needed

- Pizza pan or baking sheet
- Medium pot
- Cheese grater
- Mixing bowl
- Fork
- Spoon
- Measuring cup
- Measuring spoon
- Pizza cutter
- Pot holder

NUTRITION FACTS

Serving Size: 1 Slice, 1/12 of recipe

Nutrients	Amount
Calories	174
Total Fat	9 g
Saturated Fat	4 g
Cholesterol	37 mg
Sodium	472 mg
Total Carbohydrates	12 g
Dietary Fiber	1 g
Total Sugars	3 g
Added Sugars	0 g
Protein	12 g



Crispy Rice with Tofu and Vegetables

This blend of tofu and cooked rice combines corn, peas, carrots and seasonings pressed into a skillet and cooked into “crispy” goodness.



Average Cost: \$8.67



Prep Time: 20 minutes



Average Cook Time: 50 minutes



Average Servings: 4

Recipe Source: MyPlate Kitchen

Ingredients

- 2 Cups water
- 1 Cup brown rice
- 3 Cups prepared rice
- 1 Pound tofu
- 1 Cup frozen corn (unthawed)
- 1 Cup frozen peas (unthawed)
- 6 Scallions (sliced including white and green parts)
- 1 Carrot (shredded)
- 1/4 Cup fresh basil leaves
- 1/4 Tsp salt
- 2 Tbsp vegetable oil

Directions

Step 1

To make the rice, cook rice according to the directions on the package. Set aside to cool and dry out.

Step 2

Put the tofu, corn, scallions, carrot, basil and salt in the bowl and mix well. When the rice has fully cooled, add it to the bowl with the tofu and mix well.

Step 3

Put the skillet over medium high heat and when it is hot, add the oil.

Step 4

Add the rice and tofu mixture; reduce heat to low and press down the rice mixture with a spatula. Cover and cook 10 minutes. Press down again to help form a crust. Flip portions of the rice so that you get chunks of crispy rice.

Step 5

Cook until crispy, up to 20 minutes.

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups and spoons
- Grater
- Saucepan with lid
- Large bowl
- Spatula
- Large skillet with lid

NUTRITION FACTS

Serving Size: 1 1/2 Cups

Nutrients	Amount
Calories	389
Total Fat	13 g
Saturated Fat	2 g
Cholesterol	0 mg
Sodium	215 mg
Total Carbohydrates	54 g
Dietary Fiber	8 g
Total Sugars	6 g
Added Sugars	0 g
Protein	17 g



Brazilian Rice

This vegetarian dish combines leafy greens and high fiber brown rice to make a wholesome side dish or a satisfying main dish.



Average Cost: \$13.13



Prep Time: 15 minutes



Average Cook Time: 30 minutes



Average Servings: 8

Recipe Source: MyPlate.gov

Ingredients

- 2 12-Ounce packages of frozen spinach (thawed)
- 1 Cup brown rice (cooked)
- 2 Tbsp olive oil
- 1 Cup egg-white or egg substitute (liquid)
- 3/4 Cup mozzarella cheese, fat-free (shredded)
- 1 Cup milk (fat-free)
- 1/2 Onion (medium, chopped)
- 1/2 Tsp Worcestershire sauce
- 1/4 Tsp marjoram (dried)
- 1/4 Tsp thyme (dried)
- 1/4 Tsp rosemary (dried)
- Non-stick cooking spray

Directions

Step 1

Preheat oven to 350 degrees. Spray a 2-quart baking dish with vegetable oil spray.

Step 2

Place thawed spinach in a colander and press to remove excess water.

Step 3

Place the spinach in a large mixing bowl and add remaining ingredients. Mix until combined. Transfer the mixture to the baking dish and place in the preheated oven.

Step 4

Bake for 30 minutes. Cut the casserole into eight squares and serve.

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Colander
- Large mixing bowl
- Spoon or spatula
- Baking dish (2-quart)

NUTRITION FACTS

Serving Size: 1 Square (3/4 cup)





Nutrients	Amount
Calories	111
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	3 mg
Sodium	179 mg
Total Carbohydrates	10 g
Dietary Fiber	2 g
Total Sugars	2g
Added Sugars	0 g
Protein	9 g



Southwest Tofu Scramble

Savory, Southwest-inspired tofu scramble with lots of veggies and a simple 5-ingredient sauce. Just 10 ingredients, 30 minutes, and 1 pan required!



-  **Average Cost: \$4.85**
-  **Prep Time: 10 minutes**
-  **Average Cook Time: 20 minutes**
-  **Average Servings: 2**

Recipe Source: minimalistbaker.com

Ingredient

- 8 Ounces extra-firm tofu
- 1-2 Tbsp olive oil
- 1/4 Red onion (thinly sliced)
- 1/2 Red pepper (thinly sliced)
- 2 Cups kale (loosely chopped)
- 1/2 Tsp sea salt (optional)
- 1/2 Tsp garlic powder
- 1/2 Tsp ground cumin
- 1/4 tsp chili powder
- Water (to thin)
- 1/4 tsp turmeric (optional)
- Salsa
- Cilantro
- Hot sauce
- Breakfast potatoes, toast, and/or fruit

Directions

Step 1

Pat tofu dry and roll in a clean, absorbent towel with something heavy on top, such as a cast-iron skillet, for 15 minutes.

Step 2

While tofu is draining, prepare sauce by adding dry spices to a small bowl and adding enough water to make a pourable sauce. Set aside.

Step 3

Prep veggies and warm a large skillet over medium heat. Once hot, add olive oil and the onion and red pepper. Season with a pinch each salt and pepper and stir. Cook until softened – about 5 minutes.

Step 4

Add kale, season with a bit more salt and pepper, and cover to steam for 2 minutes. In the meantime, unwrap tofu and use a fork to crumble into bite-sized pieces.

Step 5

Use a spatula to move the veggies to one side of the pan and add tofu. Sauté for 2 minutes, then add sauce, pouring it mostly over the tofu and a little over the veggies. Stir, evenly distributing the sauce. Cook for another 5-7 minutes until tofu is slightly browned.

Step 6

Serve immediately with the breakfast potatoes, toast, or fruit.

Utensils Needed

- Small bowl
- Measuring spoons
- Large skillet w/lid
- Sharp knife
- Cutting board
- Fork
- Spatula

NUTRITION FACTS

Serving Size: 1/2 of recipe

Nutrients	Amount
Calories	250
Total Fat	17 g
Saturated Fat	2.1 g
Cholesterol	0 mg
Sodium	45 mg
Total Carbohydrates	14 g
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars	0 g
Protein	14 g

