

FIT TO EAT *breakfast*

Morning Glories

Power up the day: These **HEARTY BREAKFASTS** will help keep you full and energized until lunch.

HERE'S AN EASY way to check “eat better” and “lose weight” off your New Year’s resolution list: Eat breakfast. “I call it the prevention meal because it heads off overeating and oversnacking during the day,” says Dawn Jackson Blatner, a registered dietitian and author of *The Flexitarian Diet*. The trick is making sure your breakfast is well-rounded, meaning it packs produce, protein, and whole grains. The recipes on these pages do just that and are tempting enough to get you out of bed. Try a savory broccoli-and-cheese omelet, a filling take on toast, a healthier version of a breakfast burrito, and a refreshing pear-and-oat shake. Many of the meals are ready in 15 minutes or less, so they can be whipped up even on frantic mornings; others can be prepped the night before. Time to rise and dine.

SMART SUBSTITUTION

Using a ratio of two egg whites to one whole egg slashes calories without sacrificing flavor.

BROCCOLI-AND-CHEESE OVER-EASY OMELET

ACTIVE TIME 15 MIN. TOTAL TIME 15 MIN.

SERVES 1

Browning the cheese in the pan develops and concentrates the flavor so you can use less. Keeping the yolk whole but still runny creates a rich sauce for the omelet.

- ½ teaspoon extra-virgin olive oil
- 1¼ cups thinly sliced broccoli florets
- 1 scallion, thinly sliced on the bias
- Coarse salt and freshly ground pepper
- 1 tablespoon plus 1 teaspoon grated Parmigiano-Reggiano cheese (¼ ounce)
- 1 large egg, plus 2 large egg whites
- Garnish: crushed red-pepper flakes

1. Heat oil in a medium skillet over medium heat. Cook broccoli and scallion covered, stirring occasionally, until tender, about 4 minutes. Season with ½ teaspoon salt and some pepper. Transfer to a plate.
2. Add cheese to skillet. Cook over medium-high heat until melted and golden, about 1 minute. Reduce heat to medium-low. Add egg and egg whites. Keeping egg yolk intact, drag a spatula through the whites to spread them evenly in the pan. Cook, covered, until whites are set and yolk is still runny, 1 to 1½ minutes. Top with broccoli-scallion mixture, and fold omelet over. Sprinkle with a pinch of red-pepper flakes.

SERVING SUGGESTION TO WORK WHOLE GRAINS INTO THE BREAKFAST, SERVE WITH ONE OR TWO SLICES OF WHOLE-WHEAT TOAST.

PER SERVING

192 CALORIES, 3 G SATURATED FAT, 6 G UNSATURATED FAT, 217 MG CHOLESTEROL, 9 G CARBOHYDRATE, 258 MG SODIUM, 22 G PROTEIN, 3 G FIBER



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Toast need not be boring: Adding part-skim ricotta cheese and a few **TASTY TOPPINGS** transforms it into a simple, satisfying breakfast.



BANANA-RICOTTA TOASTS WITH PECANS, DATES, AND HONEY

ACTIVE TIME 15 MIN. TOTAL TIME 15 MIN.
SERVES 1

Part-skim ricotta has significantly less sodium than cottage cheese, a common breakfast bite. Pecans are loaded with antioxidants.

- 2 tablespoons part-skim ricotta cheese
- 1 slice (½ inch thick) whole-wheat rustic bread, toasted
- ½ small ripe banana, sliced on the bias
- 1 medium pitted date, preferably Medjool, thinly sliced
- 1 tablespoon coarsely chopped toasted pecans
- 1 teaspoon honey, such as acacia
- Coarse salt and freshly ground pepper

Spread ricotta on toast. Top with banana, date, and pecans. Drizzle with honey. Sprinkle with a pinch of salt and some pepper.

PER SERVING

299 CALORIES, 1 G SATURATED FAT,
4 G UNSATURATED FAT, 8 MG CHOLESTEROL,
57 G CARBOHYDRATE, 259 MG SODIUM,
7 G PROTEIN, 6 G FIBER

**PEPPER, PINEAPPLE, AND BEAN
BREAKFAST TACOS**

ACTIVE TIME 25 MIN. **TOTAL TIME** 25 MIN.
MAKES 8 SERVES 4

These tacos have a lot of kick, but the hot sauce can be dialed back as needed. Subbing in cool Greek yogurt for sour cream eliminates almost all the fat and increases satiating protein.

- 2 fresh poblano chiles or Cubanelle peppers
- 1 teaspoon extra-virgin olive oil
- 2 scallions, thinly sliced on the bias
- Coarse salt
- 1½ cups drained canned red kidney beans (from one 19-ounce can), ¼ cup liquid reserved
- 7 ounces cored fresh pineapple, cut crosswise into ¼-inch-thick rings, rings cut into 8 pieces to form small triangles
- 2 to 4 tablespoons hot sauce, such as Cholula
- 8 soft corn tortillas (6 inches)
- ¾ cup nonfat Greek yogurt
- ⅓ cup cilantro leaves

1. Remove stems and seeds from peppers. Thinly slice peppers lengthwise about ¼ inch thick.
2. Heat oil in a large nonstick skillet over medium-high heat. Cook peppers for 3 minutes. Add scallions and ¼ teaspoon salt, and cook until peppers and scallions are tender, about 4 minutes. Reduce heat to low. Add beans, and cook until warmed through, about 2 minutes. Add reserved canning liquid from beans, the pineapple, and 2 tablespoons hot sauce. Remove from heat. Let stand, covered, to keep warm.
3. Using tongs, hold tortillas over a gas flame until lightly toasted, about 30 seconds per side; transfer to a plate, and cover with a kitchen towel to keep warm.
4. Fill tortillas with bean mixture. Top with yogurt, cilantro, and remaining 2 tablespoons hot sauce (optional).

MAKE AHEAD PEPPER-SCALLION MIXTURE CAN BE REFRIGERATED OVERNIGHT. REHEAT MIXTURE WITH BEANS AND PINEAPPLE.

PER SERVING
270 CALORIES, 0 G SATURATED FAT,
2 G UNSATURATED FAT, 0 MG CHOLESTEROL,
52 G CARBOHYDRATE, 306 MG SODIUM,
12 G PROTEIN, 10 G FIBER



SPICE IT UP
Hot sauce contains capsaicin, a chemical proven to speed up metabolism.

Organic Sand side plates, in White, \$25 each, conranusa.com.

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Freezing the pears overnight reduces the amount of ice needed for blending the next day and results in a **THICK AND CREAMY** texture.

PEAR, OAT, CINNAMON, AND GINGER SHAKES

ACTIVE TIME 10 MIN. TOTAL TIME OVERNIGHT
SERVES 4

Adding raw oats to this shake produces a pleasantly chewy texture while providing fiber, which helps keep cholesterol levels in check.

- 2½ medium to large pears, such as red Anjou, peeled, seeded, and chopped (2½ cups)
- 1¾ cups skim milk
 - 1 cup low-fat buttermilk
- ⅔ cup rolled or quick-cooking oats
- ⅓ cup ice cubes
- 2 tablespoons plus 1½ teaspoons pure maple syrup
- 2 tablespoons almond butter
- 1¼ teaspoons finely grated fresh ginger
- ⅓ teaspoon ground cinnamon, plus more for garnish
- Coarse salt

1. Freeze pears in a single layer on a baking sheet overnight.
2. Combine pears, milk, buttermilk, oats, ice, maple syrup, almond butter, ginger, cinnamon, and a pinch of salt in a blender. Blend on low speed, then gradually increase speed to high. Blend until smooth, 1 to 2 minutes. Pour into chilled glasses, and garnish with ground cinnamon. Serve immediately.

PER SERVING

273 CALORIES, 1 G SATURATED FAT,
5 G UNSATURATED FAT, 5 MG CHOLESTEROL,
48 G CARBOHYDRATE, 174 MG SODIUM,
9 G PROTEIN, 6 G FIBER

more
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Get Fit to Eat recipes
for soups, sandwiches,
salads, and more at
[marthastewart.com/
fit-to-eat](http://marthastewart.com/fit-to-eat).

Highball glasses, \$30
each, abchome.com.