



# HEALTHY HACKS FOR 2023

## September

## BETTER LIVING FOR TEXANS

### TEXAS A&M AGRILIFE EXTENSION SERVICE

### Start the Day with Breakfast!

You have likely heard that breakfast is the most important meal of the day, but why? For many, when you wake up it has been about 8-12 hours since your last meal, and by eating breakfast, you are not only refueling but fueling your body for a full day ahead. Eating breakfast may help our bodies in a variety of ways, both mentally and physically.

The type of breakfast is also important. Researchers have noted that a breakfast full of nutrients like fiber, vitamins, and minerals can improve concentration, performance, and mood by preventing fatigue and irritability, both of which help you have a more productive day at home, work, or school. While foods like toaster pastries or donuts are tasty, be mindful to enjoy in moderation as these foods are often high in calories, added sugar, and fat and will likely cause hunger sooner than a balanced nutrient-dense meal.

Eating breakfast daily can be easy with some planning and preparation! Try these quick and easy

options or come up with ideas that work for you and your lifestyle.

If you don't have time for a sit-down meal, a grab-and-go breakfast can be a great option. Try a piece of whole grain toast with peanut/sunflower butter, along with a cup of yogurt with fruit or enjoy a smoothie on the go. Do you like a hot bowl of oatmeal? Save time by trying overnight oats with blueberries or other fruit. Overnight oatmeal can be prepared the night before and stored in the refrigerator with no cooking needed. When ready to eat, warm it up or enjoy right out of the refrigerator.



Pick one day to prep and portion some food items like whole grain cereal, fruit, nuts, and yogurt. When

shopping, some items, like nuts and yogurt, are available in both individual and bulk portions. Look at the unit price to determine the best buy for you and your family. Leftovers from the day before are also a good choice, re-heat as is or add as a topper to your toast. Be creative and start your day with a nutritious quick breakfast!

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### Recipe of the Month

*Recipe from Priscilla Ofori, Project Specialist – Better Living for Texans*

#### Breakfast Vegetable Scramble

*For a more balanced breakfast add fruit, whole grain toast, and yogurt for a serving of dairy.*

**Serves: 4**

#### Ingredients

- |   |                                         |   |                                                                                                    |
|---|-----------------------------------------|---|----------------------------------------------------------------------------------------------------|
| 3 | eggs                                    | ½ | medium red onion, diced                                                                            |
| ¼ | cup reduced-fat shredded cheddar cheese | 1 | cup frozen red, orange, and green bell pepper mix<br><i>(or any available frozen bell peppers)</i> |
| 1 | tablespoon Italian seasoning            | 4 | cups baby spinach                                                                                  |
| 1 | teaspoon salt                           | 1 | avocado, sliced for serving                                                                        |
| ¼ | teaspoon black pepper                   |   |                                                                                                    |
| 2 | tablespoons olive oil or vegetable oil  |   |                                                                                                    |

#### Directions

1. In a medium bowl, whisk the eggs together until well-beaten. Stir in the shredded cheese, Italian seasoning, salt, and black pepper.
2. Heat oil in a large skillet over medium-high heat. Add onion and peppers. Cook 3 to 4 minutes until tender and starting to brown, stirring occasionally. Reduce heat to low. Add spinach. Cook for 30 seconds until wilted. Remove and set aside.
3. On low heat, add egg mixture to skillet. Gently stir the egg mixture constantly until cooked, about 1 to 2 minutes.
4. Add the vegetables to the pan of eggs. Stir together until warm. Serve immediately with avocado slices.



**Nutrients Per Serving:** 160 calories, 12 g total fat, 2.5 g saturated fat, 125 mg cholesterol, 280 mg sodium, 9 g carbohydrates, 2 g fiber, 2 g total sugar, 0 g added sugar, and 7 g protein.

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