



## EatingWell Favorite

# Breakfast Recipes

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## Banana-Blueberry Muffins

**Makes:** 12 muffins

**Active time:** 20 minutes **Total:** 1 hour

**To make ahead:** Wrap and store at room temperature for up to 2 days or freeze for up to 1 month. To defrost and heat frozen muffins, remove plastic wrap, wrap in a paper towel and microwave on High for 30-45 seconds.

**Equipment:** Muffin tin with 12 (½-cup) cups

Heart Health  Diabetes  Weight Loss  Gluten Free

The slight acidity of buttermilk tenderizes and moistens baked goods while allowing you to cut way back on butter or oils. Here, it also lends a slight tanginess to the winning combination of bananas and blueberries.

- ¾ cup buttermilk
- ¾ cup packed light brown sugar
- ¼ cup canola oil
- 2 large eggs
- 1 cup mashed ripe bananas (about 3 medium)
- 1¼ cups whole-wheat pastry flour (see Tip)
- 1 cup all-purpose flour

- 1½ teaspoons baking powder
- ¾ teaspoon ground cinnamon
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ teaspoon ground nutmeg
- 1¼ cups blueberries, fresh or frozen

1. Preheat oven to 400°F. Coat 12 (½-cup) muffin cups with cooking spray or line with paper liners.
2. Whisk buttermilk, brown sugar, oil and eggs in a large bowl. Stir in mashed bananas.
3. Whisk whole-wheat pastry flour, all-purpose flour, baking powder, cinnamon, baking soda, salt and nutmeg in a medium bowl.
4. Fold the dry ingredients into the wet ingredients and stir until just combined. Fold in blueberries. Divide the batter among the prepared muffin cups (they will be full).
5. Bake until the tops are golden brown and a wooden skewer inserted in the center of a muffin comes out clean, 20 to 25 minutes. Cool in the pan for 10 minutes, then remove and let cool on a wire rack for at least 5 minutes more before serving.

**Per muffin:** 232 calories; 6 g fat (1 g sat, 3 g mono); 31 mg cholesterol; 41 g carbohydrate; 13 g added sugars; 4 g protein; 3 g fiber; 248 mg sodium; 163 mg potassium.

**Carbohydrate servings:** 2½

**Exchanges:** 1 starch, ½ fat, 1 carbohydrate (other), 1 fat.

**Tip:** Whole-wheat pastry flour, lower in protein than regular whole-wheat flour, has less gluten-forming potential, making it a better choice for tender baked goods. You can find it in the natural-foods section of large supermarkets and natural-foods stores. Store in the freezer.



## Overnight Oatmeal

**Makes:** 8 servings, 1 cup each

**Active time:** 5 minutes **Total:** 7 to 8 hours (slow-cooker time), 1 hour 35 minutes (stovetop time)

Heart Health  Diabetes  Weight Loss  Gluten Free

Here is an easy way to serve a crowd a hearty breakfast. You can assemble it in the slow cooker in the evening and wake up to a bowl of hot, nourishing oatmeal. The slow cooker eliminates the need for constant stirring and ensures an exceptionally creamy consistency. It is important to use steel-cut oats; old-fashioned oats become too soft during slow-cooking.

- 8 cups water
- 2 cups steel-cut oats (see Tip)
- ½ cup dried cranberries
- ½ cup dried apricots, chopped
- ¼ teaspoon salt, or to taste

Combine water, oats, dried cranberries, dried apricots and salt in a 5- or 6-quart slow cooker. Turn heat to low. Put the lid on and cook until the oats are tender and the por-

ridge is creamy, 7 to 8 hours.

**Per serving:** 188 calories; 3 g fat (0 g sat, 1 g mono); 0 mg cholesterol; 34 g carbohydrate; 3 g added sugars; 6 g protein; 9 g fiber; 80 mg sodium; 197 mg potassium.

**Carbohydrate servings:** 1½

**Exchanges:** 2 starch, ½ fruit

**Stovetop Variation:** Halve the above recipe to accommodate the size of most double boilers: Combine 4 cups water, 1 cup steel-cut oats, 3 tablespoons dried cranberries, 3 tablespoons dried apricots and ½ teaspoon salt in the top of a double boiler. Cover and cook over boiling water for about 1 ½ hours, checking the water level in the bottom of the double boiler from time to time.

**Tip:** Steel-cut oats, sometimes labeled “Irish oatmeal,” look like small pebbles. They are toasted oat groats—the oat kernel that has been removed from the husk—that have been cut in two or three pieces.



## EatingWell Waffles

**Makes:** 6 servings

**Active time:** 40 minutes **Total:** 40 minutes

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These healthy waffles are made from a blend of whole-wheat and “regular” all-purpose flour plus nonfat buttermilk and canola oil. Top with fresh berries and yogurt for a satisfying start to any day.

- 1 cup whole-wheat flour
- 1 cup all-purpose flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 2 cups nonfat buttermilk (see Tip)
- 1 large egg, separated
- 1 tablespoon canola oil
- 1 tablespoon vanilla extract (optional)
- 2 large egg whites
- 2 tablespoons sugar

1. Stir whole-wheat flour, all-purpose flour, baking powder, salt and baking soda in a large bowl. Whisk buttermilk, the egg yolk, oil and vanilla (if using) in a separate bowl. Add the wet ingredients to the dry ingredients and

stir with a wooden spoon just until moistened.

2. Beat the 3 egg whites in a grease-free mixing bowl with an electric mixer until soft peaks form. Add sugar and continue beating until stiff and glossy. Whisk one-quarter of the beaten egg whites into the batter. Fold in the remaining beaten egg whites with a rubber spatula.

3. Preheat a waffle iron. Brush the surface lightly with oil. Fill the waffle iron two-thirds full of batter. Cook until the waffles are crisp and golden, 5 to 6 minutes. Repeat with the remaining batter, brushing the surface with oil before cooking each batch.

**Per serving:** 229 calories; 4 g fat (1 g sat, 2 g mono); 32 mg cholesterol; 39 g carbohydrate; 4 g added sugars; 10 g protein; 3 g fiber; 472 mg sodium; 145 mg potassium.

**Tip:** No buttermilk? You can use buttermilk powder prepared according to package directions. Or make “sour milk”: the ratio is 1 tablespoon lemon juice or vinegar to 1 cup milk.

## Quick Breakfast Taco

**Makes:** 1 serving

**Active time:** 15 minutes **Total:** 15 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

A smaller cousin of the breakfast burrito, the breakfast taco made with reduced-fat Cheddar and egg substitute is a satisfying and healthy breakfast option.

- 2 corn tortillas
- 1 tablespoon salsa
- 2 tablespoons shredded reduced-fat Cheddar cheese
- ½ cup liquid egg substitute, such as Egg Beaters

1. Top tortillas with salsa and cheese. Heat in the microwave until the cheese is melted, about 30 seconds.

2. Meanwhile coat a small nonstick skillet with cooking spray. Heat over medium heat, add egg substitute and cook, stirring, until the eggs are cooked through, about 90 seconds. Divide the scrambled egg between the tacos.

**Per serving:** 239 calories; 7 g fat (2 g sat, 2 g mono); 4 mg cholesterol; 24 g carbohydrate; 0 g added sugars; 21 g protein; 0 g fiber; 426 mg sodium; 560 mg potassium.

**Nutrition bonus:** Iron (19% daily value); Zinc (18% dv), Calcium (17% dv), Potassium (16% dv).

**Carbohydrate servings:** 1½

**Exchanges:** 1 starch, 2 lean meat





## Savory Breakfast Muffins

**Makes:** 1 dozen muffins

**Active time:** 20 minutes **Total:** 45 minutes

**To make ahead:** Individually wrap in plastic and refrigerate for up to 3 days or freeze for up to 1 month. To reheat, remove plastic, wrap in a paper towel and microwave on High for 30 to 60 seconds.

Heart Health  Diabetes  Weight Loss  Gluten Free

If you're tired of sweet breakfast muffins or just looking for a savory breakfast, try these—you'll love the smoky flavor from the Canadian bacon and the fresh-tasting combination of red bell pepper and scallions.

- 2 cups whole-wheat flour
- 1 cup all-purpose flour
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- 2 eggs
- 1⅓ cups buttermilk
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons butter, melted
- 1 cup thinly sliced scallions (about 1 bunch)
- ¾ cup diced Canadian bacon (3 ounces)

- ½ cup grated Cheddar cheese
- ½ cup finely diced red bell pepper

1. Preheat oven to 400°F. Coat 12 muffin cups with cooking spray.

2. Combine whole-wheat flour, all-purpose flour, baking powder, baking soda, pepper and salt in a large bowl.

3. Whisk eggs, buttermilk, oil and butter in a medium bowl. Fold in scallions, bacon, cheese and bell pepper. Make a well in the center of the dry ingredients. Add the wet ingredients and mix with a rubber spatula until just moistened. Scoop the batter into the prepared pan (the cups will be very full).

4. Bake the muffins until the tops are golden brown, 20 to 22 minutes. Let cool in the pan for 5 minutes. Loosen the edges and turn the muffins out onto a wire rack to cool slightly before serving.

**Per muffin:** 230 calories; 9 g fat (3 g sat, 5 g mono); 46 mg cholesterol; 29 g carbohydrate; 0 g added sugars; 10 g protein; 3 g fiber; 344 mg sodium; 213 mg potassium.

**Nutrition bonus:** Vitamin C (17% daily value), Calcium (15% dv).

**Carbohydrate servings:** 2

**Exchanges:** 1½ starch, ½ meat, 1 fat

## Mexi-Melt

**Makes:** 1 serving

**Active time:** 10 minutes **Total:** 10 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

Spread leftover refried beans on whole-wheat toast and top with salsa and cheese for an easy breakfast that has plenty of staying power.

- 2 tablespoons canned nonfat refried beans
- 1 slice whole-wheat bread, toasted
- 1 tablespoon prepared salsa
- 1 tablespoon shredded cheese, such as Mexican blend or Jack

Spread beans on toast. Top with salsa, then cheese. Microwave on High until the cheese is melted and the beans are hot, about 45 seconds.

**Per serving:** 123 calories; 3 g fat (2 g sat, 1 g mono); 6 mg cholesterol; 17 g carbohydrate; 1 g added sugars; 7 g protein; 4 g fiber; 392 mg sodium; 222 mg potassium.

**Carbohydrate servings:** 1

**Exchanges:** 1 starch, ½ lean meat





### Wake-Up Smoothie

**Makes:** 3 servings, 1 cup each

**Active time:** 5 minutes **Total:** 5 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

With a stash of berries in your freezer, you can jump-start your day with this nutritious, tasty smoothie in just minutes. It provides vitamin C, fiber, potassium and protein.

- 1¼ cups orange juice, preferably calcium-fortified**
- 1 banana**
- ¼ cups frozen berries, such as raspberries, blackberries, blueberries and/or strawberries**

**½ cup low-fat silken tofu or low-fat plain yogurt**

**1 tablespoon sugar**

Combine orange juice, banana, berries, tofu (or yogurt) and sugar (or Splenda), if using, in a blender; cover and blend until creamy. Serve immediately.

**Per serving:** 139 calories; 2 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 28 g carbohydrate; 0 g added sugars; 4 g protein; 4 g fiber; 19 mg sodium; 421 mg potassium.

**Nutrition bonus:** Vitamin C (110% daily value).

**Carbohydrate servings:** 2

**Exchanges:** 2 fruit, ½ low-fat milk



### Citrus Berry Smoothie

**Makes:** 1 smoothie, about 2 cups

**Active time:** 5 minutes **Total:** 5 minutes

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This meal-in-a-glass smoothie is bursting with berries and orange juice, healthful sources of carbohydrate and powerful antioxidants.

- 1¼ cups fresh berries**
- ¾ cup low-fat plain yogurt**
- ½ cup orange juice**
- 2 tablespoons nonfat dry milk**
- 1 tablespoon toasted wheat germ**
- 1 tablespoon honey**
- ½ teaspoon vanilla extract**

Place berries, yogurt, orange juice, dry milk, wheat germ, honey and vanilla in a blender and blend until smooth.

**Per serving:** 376 calories; 4 g fat (2 g sat, 1 g mono); 13 mg cholesterol; 70 g carbohydrate; 17 g added sugars; 17 g protein; 5 g fiber; 180 mg sodium; 1,128 mg potassium.

**Nutrition bonus:** Vitamin C (225% daily value), Calcium (48% dv), Potassium (33% dv), Folate (30% dv), Magnesium (25% dv), Zinc (24% dv).

**Carbohydrate servings:** 4

**Exchanges:** 2 fruit, ½ low-fat milk, 1 carbohydrate (other)



## Healthy Pancakes

**Makes:** 6 servings, 2 pancakes each

**Active time:** 30 minutes **Total:** 30 minutes

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These healthy pancakes are made with 100 percent whole-wheat flour and get an additional fiber boost from flaxseed meal.

- 2½ cups whole-wheat flour
- 1 cup buttermilk powder
- 5 tablespoons dried egg whites, such as Just Whites
- ¼ cup sugar
- 1½ tablespoons baking powder
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 cup flaxseed meal (see Tip)
- 1 cup nonfat dry milk
- ½ cup wheat bran or oat bran
- 1½ cups nonfat milk
- ¼ cup canola oil
- 1 teaspoon vanilla extract

1. Whisk flour, buttermilk powder, dried egg whites, sugar, baking powder, baking soda and salt in a large bowl. Stir in flaxseed meal, dry milk and bran. (Makes 6 cups dry mix.)

2. Combine milk, oil and vanilla in a glass measuring cup.

3. Place 2 cups pancake mix in a large bowl. (Refrigerate the remaining pancake mix in an airtight container for up to 1 month or freeze for up to 3 months.) Make a well in the center of the pancake mix. Whisk in the milk mixture until just blended; do not overmix. (The batter will seem quite thin, but will thicken up as it stands.) Let stand for 5 minutes.

4. Coat a nonstick skillet or griddle with cooking spray and place over medium heat. Whisk the batter. Using ¼ cup batter for each pancake, cook pancakes until the edges are dry and bubbles begin to form, about 2 minutes. Turn over and cook until golden brown, about 2 minutes longer. Adjust heat as necessary for even browning.

**Per serving:** 276 calories; 14 g fat (2 g sat, 7 g mono); 7 mg cholesterol; 28 g carbohydrate; 3g added sugars; 11 g protein; 5 g fiber; 471 mg sodium; 395 mg potassium.

**Nutrition bonus:** Calcium (29% daily value).

**Carbohydrate servings:** 1½

**Exchanges:** 2 starch, 1 very lean meat, 2 fat (mono)

### Variations:

#### Chocolate-Chocolate Chip Pancakes:

Fold ½ cup cocoa powder and 3 ounces chocolate chips into the batter.

**Blueberry:** Fold 1 cup frozen blueberries into the batter.

**Banana-Nut:** Fold 1 cup thinly sliced bananas and 4 tablespoons finely chopped toasted pecans into the batter.

**Tip:** You can find flaxseed meal in the natural-foods section of large supermarkets. You can also start with whole flaxseeds: Grind ⅔ cup whole flaxseeds to yield 1 cup.

## Maple-Nut Granola

**Makes:** 10 cups

**Active time:** 10 minutes **Total:** 1 hour 40 minutes **To make ahead:** Store in an airtight container for up to 2 weeks.

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- 5 cups old-fashioned rolled oats
- 1 cup unsweetened coconut chips (see Tip) or flakes
- ½ cup sliced almonds
- ½ cup coarsely chopped pecans
- ½ cup light brown sugar
- ⅓ cup unsalted pumpkin seeds
- ⅓ cup unsalted sunflower seeds
- ½ cup pure maple syrup
- ½ cup water
- ¼ cup canola oil
- ½ cup dried cranberries
- ½ cup raisins

1. Preheat oven to 275°F.

2. Combine oats, coconut, almonds, pecans, brown sugar, pumpkin seeds and sunflower seeds in a large bowl. Combine syrup, water and oil in a medium bowl or large measuring

cup and pour over the oat mixture; stir until well combined. Spread the mixture into a large (12-by-15-inch) roasting pan or large rimmed baking sheet.

3. Bake for 45 minutes. Remove from the oven, stir, and continue baking until golden brown and beginning to crisp, about 45 minutes more. Stir in cranberries and raisins. Let cool completely before storing.

**Per ½-cup serving:** 251 calories; 12 g fat (3 g sat, 4 g mono); 0 mg cholesterol; 32 g carbohydrate; 12 g added sugars; 6 g protein; 4 g fiber; 4 mg sodium; 111 mg potassium.

**Carbohydrate Servings:** 2

**Exchanges:** 1 starch, 1 other carbohydrate, 2 fat

**Tip:** Large thin flakes of dried coconut called coconut chips make attractive garnishes. Find them in the produce section of large supermarkets.





## Breakfast Parfait

**Makes:** 1 serving

**Active time:** 10 minutes **Total:** 10 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

A little low fat dairy and some vitamin-rich fruit and you've just started your day right!

- $\frac{3}{4}$  cup low-fat cottage cheese or low-fat plain yogurt
- 1 cup pineapple chunks, papaya chunks or cling peaches
- 2 teaspoons toasted wheat germ

Place cottage cheese (or yogurt) in a small bowl. Top with fruit and sprinkle with wheat germ.

**Per serving (with cottage cheese, pineapple):** 247 calories; 3 g fat (2 g sat, 0 g mono); 15 mg cholesterol; 40 g carbohy-

drate; 0 g added sugars; 20 g protein; 3 g fiber; 632 mg sodium; 479 mg potassium.

**Nutrition bonus:** Calcium (33% daily value), Vitamin C (29% dv).

**Carbohydrate servings:** 2 $\frac{1}{2}$

**Exchanges:** 2 fruit, 3 very lean meat

**Per serving (with yogurt, papaya):** 196 calories; 4 g fat (2 g sat, 1 g mono); 11 mg cholesterol; 31 g carbohydrate; 0 g added sugars; 12 g protein; 3 g fiber; 140 mg sodium; 738 mg potassium.

**Nutrition bonus:** Vitamin C (150% daily value), Calcium (37% dv), Vitamin A (30% dv), Folate (23% dv), Potassium (21% dv), Magnesium (20% dv), Zinc (17% dv).

**Carbohydrate servings:** 2

**Exchanges:** 2 fruit, 3 very lean meat

## Breakfast Mini Pizzas

**Makes:** 1 serving

**Active time:** 10 minutes **Total:** 10 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

Pizza's not just for dinner! Here we combine two kid favorites—mini pizzas and scrambled eggs—for a breakfast treat adults and kids will both love.

- 1 large egg, beaten
- 2 tablespoons prepared marinara sauce
- 1 whole-wheat English muffin, split and toasted
- 2 tablespoons shredded Italian cheese blend
- 2 slices pepperoni (optional)

1. Preheat oven or toaster oven broiler.  
2. Coat a small nonstick skillet with cooking spray and heat over medium-high heat. Add egg and cook, stirring often, until set into soft curds, 1 to 2 minutes. Spread marinara sauce on English muffin halves. Top with the scrambled egg, cheese and pepperoni (if using). Broil until the cheese is melted, 1 to 3 minutes.

**Per serving:** 265 calories; 10 g fat (4 g sat, 3 g mono); 197 mg cholesterol; 30 g carbohydrate; 4 g added sugars; 16 g protein; 5 g fiber; 528 mg sodium; 310 mg potassium.

**Nutrition bonus:** Calcium (28% daily value), Iron & Magnesium (16% dv), Folate & Zinc (15% dv).

**Carbohydrate servings:** 1 $\frac{1}{2}$

**Exchanges:** 1 $\frac{1}{2}$  starch, 1 high-fat meat





## Ham & Cheese Breakfast Casserole

**Makes:** 6 servings

**Active time:** 30 minutes **Total:** 1¼ hours

**To make ahead:** Prepare casserole through Step 2; refrigerate overnight. Let stand at room temperature while the oven preheats. Bake as directed in Step 3.

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This healthy update of a traditionally rich ham-and-cheese breakfast strata is made lighter primarily by losing a few egg yolks and using nonfat milk. Gruyère cheese has a delicious, nutty aroma and flavor, which means that with the relatively small amount in this recipe you still get a big impact. To finish the makeover use nutritious, fiber-rich, whole-grain bread instead of white. The results: plenty of flavor, half the calories and one-third the fat of the original.

- 4 large eggs
- 4 large egg whites
- 1 cup nonfat milk
- 2 tablespoons Dijon mustard

- 1 teaspoon minced fresh rosemary
- ¼ teaspoon freshly ground pepper
- 5 cups chopped spinach, wilted (see Tip)
- 4 cups whole-grain bread, crusts removed if desired, cut into 1-inch cubes (about ½ pound, 4-6 slices)
- 1 cup diced ham steak (5 ounces)
- ½ cup chopped jarred roasted red peppers
- ¾ cup shredded Gruyère or Swiss cheese

1. Preheat oven to 375°F. Coat a 7-by-11-inch glass baking dish or a 2-quart casserole with cooking spray.
2. Whisk eggs, egg whites and milk in a medium bowl. Add mustard, rosemary and pepper; whisk to combine. Toss spinach, bread, ham and roasted red peppers in a large bowl. Add the egg mixture and toss well to coat. Transfer to the prepared baking dish and push down to compact. Cover with foil.
3. Bake until the custard has set, 40 to 45 minutes. Uncover, sprinkle with cheese and continue baking until the pudding is puffed and golden on top, 15 to 20 minutes more. Transfer to a wire rack and cool for 15 to 20 minutes before serving.

**Per serving:** 286 calories; 10 g fat (4 g sat, 3 g mono); 150 mg cholesterol; 23 g carbohydrate; 2 g added sugars; 23 g protein; 4 g fiber; 809 mg sodium; 507 mg potassium.

**Nutrition bonus:** Vitamin A (75% daily value), Vitamin C (30% dv), Calcium & Folate (29% dv), Magnesium (19% dv), Zinc (17% dv), Iron (16% dv).

**Carbohydrate servings:** 1½

**Exchanges:** 1 starch, 1 vegetable, 2 medium-fat meat

**Tip:** To wilt spinach, rinse thoroughly with cool water. Transfer to a large microwave-safe bowl. Cover with plastic wrap and punch several holes in it. Microwave on High until wilted, 2 to 3 minutes. Squeeze out excess moisture.

## Artichoke-Scrambled Eggs Benedict

**Makes:** 4 servings

**Active time:** 30 minutes **Total:** 30 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

Roasted artichoke bottoms stand in for English muffins in this quick yet elegant supper. Substitute roasted mushrooms for the pancetta for a vegetarian option. Serve with roasted new potatoes or a tossed salad.

- 8 canned artichoke bottoms (1½ cans), rinsed (see Tip)
- 4 teaspoons extra-virgin olive oil, divided
- 3 teaspoons chopped fresh oregano, divided, plus 4 sprigs for garnish
- ⅓ cup chopped pancetta
- 2 tablespoons reduced-fat mayonnaise
- 2 tablespoons nonfat plain yogurt
- 2 teaspoons lemon juice
- 1 teaspoon water
- 6 large eggs
- 4 large egg whites
- 2 tablespoons reduced-fat cream cheese (Neufchâtel)
- ¼ teaspoon salt

1. Preheat oven to 425°F.
2. Toss artichoke bottoms with 2 teaspoons oil and 2 teaspoons oregano. Place them top-side down on half of a large baking sheet. Spread pancetta in an even layer on the other half. Roast until the artichokes are just beginning to brown and the pancetta is crispy, 12 to 14 minutes.
3. Meanwhile, whisk mayonnaise, yogurt, lemon juice and water in a small bowl until smooth. Beat eggs and egg whites in a large bowl.
4. Heat the remaining 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the eggs and cook, folding and stirring frequently with a heatproof rubber spatula until almost set, about 2 minutes. Remove from the heat and fold in cream cheese, the remaining 1 teaspoon oregano and salt.
5. To serve, divide the artichoke bottoms



among 4 plates. Top each artichoke with equal portions scrambled egg, crispy pancetta and creamy lemon sauce. Garnish with oregano sprigs, if desired.

**Per serving:** 278 calories; 19 g fat (6 g sat, 7 g mono); 294 mg cholesterol; 9 g carbohydrate; 0 g added sugars; 17 g protein; 3 g fiber; 735 mg sodium; 195 mg potassium.

**Carbohydrate servings:** ½

**Exchanges:** 1 vegetable, 2 medium-fat meat, 2 fat

**Tip:** Artichoke bottoms can be purchased in 14-ounce cans—found near other canned vegetables. If unavailable, substitute two 14-ounce cans rinsed and halved artichoke hearts.

# About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, [www.EatingWell.com](http://www.EatingWell.com), EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

## About EatingWell health tags

A recipe checked...

 **Heart Health** has limited saturated fat.

 **Diabetes** is low in calories and meets limits for Carbohydrate Servings.

 **Weight Loss** has reduced calories (and limited saturated fat).

 **Gluten Free** does not contain wheat, rye, barley or oats.  
(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)