

## **Very Berry Yogurt Parfait**

*Low-fat yogurt is a great source of calcium. Berries are a good source of cancer fighting antioxidants and bananas are high in potassium. Granola is a good source of whole grain oats, but keep portion sizes small because it can be high in sugar, calories and fat.*

1 cup Greek or regular low-fat yogurt (plain or vanilla)  
¼ cup blueberries, strawberries or any other berries  
¼ banana  
¼ cup granola

1. Cut bananas and berries. Mix with yogurt
2. Add Granola.
3. Enjoy!



## **Cheese and Vegetable Frittata**

*Most American omelets are made in the French style, folded with the fillings inside. A **frittata** is an Italian-style omelet. The ingredients are mixed right into the eggs instead of being used as a filling. A frittata can be made and refrigerated. Re-heat pieces in the microwave for a quick (and healthy!) breakfast. This recipe calls for zucchini and scallions but try experimenting with different vegetables. We recommend using low-fat cheese and non-fat milk to cut down on calories and saturated fat.*

1 medium zucchini  
½ cup shredded low-fat cheese  
2 scallions (green onion), sliced finely  
4 eggs  
½ cup evaporated fat-free (skim) milk  
Salt and pepper to taste

1. Slice zucchini into disks, place in a small microwave-safe baking dish, and cook on HIGH for 1½ to 2 minutes. Zucchini should be slightly softened and bright green.
2. Sprinkle cheese and scallions over zucchini. Crack eggs into a large bowl. Add evaporated milk, salt and pepper. Beat mixture until well blended.
3. Pour egg mixture over vegetables and cheese. Microwave on HIGH for 4 minutes. Stir.
4. Microwave again on MEDIUM for 7 to 8 minutes or until center is firm (but not dry). You may want to stop the microwave and stir once during cooking. Let stand for a few minutes before serving. Makes about 6 servings.

