

Don't Skip Breakfast

A Healthy Breakfast Means Good Nutrition

Start the Day Right - Don't Skip Breakfast

Studies show that children who eat breakfast¹ do better in school. It doesn't take much further thought to realize adults will feel better and perform better at work as well. Whether you work at home, on the farm, at the office, at school, or on the road, it is not a good idea to skip breakfast. Eating a good breakfast sets the tone for the rest of the day.

When you skip breakfast, you are likely to become tired when your brain and body run low on fuel. By mid-morning, you might grab a cup of coffee or wolf down a sugary candy bar to wake up again. This might work for a few minutes, but by lunch time you are hungry, crabby, and perhaps your mood might make you a little more prone to make unhealthy choices at lunch.

Skipping breakfast is a common strategy for losing weight, but not a smart one. Many people believe that they will lose weight if they skip meals, but that just isn't true; the body expects to be refueled a few times each day -- starting with breakfast.

Actually, eating breakfast is good for weight loss. In fact, people who eat breakfast are more likely to maintain a healthy weight.

Making a Healthy Breakfast

A healthy breakfast should contain some protein and some fiber. Protein can come from low fat meats, eggs, beans or dairy. Fiber can be found in whole grains, vegetables and fruits. A good example of a healthy breakfast might be something simple like a hard boiled egg, an orange, and a bowl of whole grain cereal with low fat milk.

Stay away from the sugary cereals, syrups, pastries, and white breads because they are digested quickly and will leave you hungry and tired in a couple of hours. Protein and fiber satisfy your hunger and will keep you feeling full until lunch time.

If you really don't like to eat breakfast, you can split it up into two smaller meals. Eat a hard boiled egg at home, and an hour or two later, take a break from work and snack on an apple and a handful of healthy nuts like pecans or walnuts.

Breakfast Every Morning

Remember that eating a healthy breakfast is the best way to start off your day, and be good to yourself by eating a healthy breakfast. Notice how much better you feel through the morning and the rest of the day when you don't skip breakfast.

The Hottest Cereals

If you're looking for **NEW WAYS TO STIR UP BREAKFAST**, grab a spoon and dip into these amazing grains.

CHANCES ARE, NO ONE needs to convince you that a healthy breakfast is worthwhile. Or to tell you that whole grains—with their high-fiber, nutrient-rich résumés—deserve to be a bigger part of your diet. What you might be less familiar with, however, are the many grains that are ready and able to jump into your breakfast bowl and how to cook them.

Among hot-cereal options, classic oatmeal is the shoo-in, and deservedly so. But barley, cornmeal, farro, millet, quinoa, and wheat berries—grains that are usually confined to

lunch or dinner (if they're considered at all)—can also be turned into satisfying hot breakfasts that have old-fashioned appeal. Aside from being healthy, these grains are great comfort foods: Cooked like oats, they turn into warm bowls of deliciousness you can customize each day. The cereal can be fluffy or porridgelike, scattered with colorful, crunchy toppings (including fruit and nuts), and made creamy with swirls of milk.

All of these grains are abundant in the plant-based nutrients that may lower the risk

of heart disease, help to manage blood sugar, and reduce cancer risk, says Leslie Bonci, director of sports nutrition at the University of Pittsburgh Medical Center. And because the grains are good sources of fiber, they keep you feeling fuller longer. That's a particular asset at breakfast, when you're priming your appetite for the day.

If you're looking to get out of a plain-old oatmeal rut, let these combinations be your guide. Turn to our chart on page 140, pick a breakfast grain, and get off to a great start.

GUIDE TO GRAINS

See our chart on page 140 for information and cooking instructions for each breakfast grain.

FARRO
WITH BANANAS,
WALNUTS,
AND DRIED
CRANBERRIES
Farro has a great
chewy texture that
goes well with crunchy
walnuts and slices
of soft bananas.
1 cup farro, cooked
(creamier texture; see
chart on page 140),
topped with 1 cup skim

milk, ½ cup sliced
bananas, ¼ cup
chopped walnuts,
¼ cup dried tarted
cranberries, ¼ cup
honey Serves 4
PER SERVING
330 CALORIES,
1 G SATURATED FAT,
4 G UNSATURATED FAT,
1 MG CHOLESTEROL,
64 G CARBOHYDRATE,
133 MG SODIUM,
10 G PROTEIN, 4 G FIBER

**steel-cut
oats**
WITH ORANGE,
POMEGRANATE
SEEDS, PEPITAS,
AND MAPLE SYRUP
The style of oats holds
its shape better than
rolled oats. Sweet-tart
fruits add jolts of flavor.
1 cup steel-cut oats,
cooked (creamier tex-
ture; see chart on page
140), topped with ½
cup skim milk + ¼ cup
pomegranate seeds +
3 tablespoons pepitas
(hulled pumpkin seeds)
+ 1 orange, segmented
+ ¼ cup pure maple
syrup Serves 4
PER SERVING
202 CALORIES,
1 G SATURATED FAT,
0 G UNSATURATED FAT,
1 MG CHOLESTEROL,
36 G CARBOHYDRATE,
89 MG SODIUM,
7 G PROTEIN, 4 G FIBER



millet

WITH PINEAPPLE, COCONUT, AND FLAXSEED

Millet grains form a soft porridge with a slight crunch. Coconut and pineapple give the dish a taste of the tropics.

1 cup millet, cooked (creamy texture, see chart on page 140), topped with ½ cup soy milk + ½ cup chopped fresh pineapple + ¼ cup large-flake unsweetened coconut, toasted + 4 teaspoons flaxseeds + ¼ cup pure maple syrup Serves 4

PER SERVING
323 CALORIES,
4 G SATURATED FAT,
3 G UNSATURATED FAT,
0 MG CHOLESTEROL,
56 G CARBOHYDRATE,
94 MG SODIUM,
8 G PROTEIN, 6 G FIBER

try these toppings

Sprinkle, spoon, or slice these planks over any cereal.

AVOCADO

The fruit's ample stores of "good" fat can help lower cholesterol.

BANANA

This cereal favorite provides a wallop of potassium.

COCONUT FLAKES

These dried chips offer a bit of fiber. Buy them unsweetened, and use sparingly since they contain some saturated fat.

DARK CHOCOLATE

Flavonoids (a kind of plant chemical) in dark chocolate may reduce heart-disease risk.

DRIED APRICOTS

In their concentrated form, apricots pack impressive amounts of potassium and iron.

DRIED CRANBERRIES

These tangy treats contain anthocyanins, a type of antioxidant.

FLAXSEEDS

The seeds are a great source of the kind of fatty acid that may protect heart health. Grind before using or buy them ground.

NUTS

All types are rich in cardio-healthy unsaturated fat.

ORANGE

Citrus segments supply substantial amounts of vitamin C.

PEPITAS

Also known as hulled pumpkin seeds, pepitas deliver protein and the antioxidant vitamin E.

PINEAPPLE

This golden fruit offers a respectable amount of vitamin C.

POMEGRANATE SEEDS

The ruby dots are surprisingly high in potassium and contain disease-fighting antioxidants.

black quinoa

WITH AVOCADO, ALMONDS, AND HONEY

Black quinoa (like red) has a firmer texture than the white variety. Soft avocado makes a great contrast.

1 cup black quinoa, cooked (fluffier texture, see chart on page 140), topped with 1½ cups almond milk + 1 thinly sliced avocado + 6 tablespoons sliced toasted almonds + 6 tablespoons honey Serves 6

PER SERVING
274 CALORIES,
1 G SATURATED FAT,
8 G UNSATURATED FAT,
0 MG CHOLESTEROL,
43 G CARBOHYDRATE,
54 MG SODIUM,
5 G PROTEIN, 5 G FIBER

barley

WITH APRICOTS, HAZELNUTS, CHOCOLATE, AND HONEY

Barley has a nice chewy texture, with grains that hold their shape. For a healthy breakfast that feels decadent, scatter bits of dark chocolate on top.

1 cup barley, cooked (fluffier texture; see chart on page 140), topped with 1 cup low-fat buttermilk + ¼ cup chopped dried apricots + ¼ cup chopped blanched toasted hazelnuts + ¼ cup chopped dark chocolate + ¼ cup honey Serves 4

PER SERVING
473 CALORIES,
9 G SATURATED FAT,
4 G UNSATURATED FAT,
4 MG CHOLESTEROL,
80 G CARBOHYDRATE,
144 MG SODIUM,
11 G PROTEIN, 11 G FIBER



more ONLINE

***WANT MORE BALANCED BREAKFASTS?**
It's a New Year. Start each new day right with more healthy morning recipes, at marthastewart.com/fit-to-eat.

breakfast grains

Pick the cooking method you prefer. Some grains can be prepared either way: fluffy (like a pilaf) or creamy (like a porridge).

FOR A FLUFFIER TEXTURE Covering the pot and not stirring creates a firmer, fluffier texture and keeps larger grains (such as barley) intact. Bring water and salt to a boil. Whisk in grains. Return to a boil. Reduce heat to low. Simmer, covered, for the time indicated below. Let stand for 5 minutes. Fluff with a fork before serving.

FOR A CREAMIER TEXTURE This method requires more water and more stirring. Small grains (or those that have been cut down, such as steel-cut oats) tend to work best. Bring water and salt to a boil. Whisk in grains. Return to a boil. Reduce heat to low. Simmer, stirring often, for the time indicated below. Serve immediately.

GRAIN	HEALTH BENEFITS	FLUFFIER	CREAMIER
BARLEY <i>bobsredmill.com</i>	All barley is high in fiber, but for the most nutrients, pick hulled (the husk is removed but the bran is left intact) over pearled.	2½ cups water + ¼ teaspoon salt + 1 cup barley. 1 hour. Serves 4	not recommended
CORNMEAL <i>bobsredmill.com</i>	This grain, the stuff of polenta, comes in many grinds and styles. The whole-grain variety is tops for fiber and nutrients.	not recommended	5½ cups water + ¼ teaspoon salt + 1 cup medium-grind whole-grain yellow cornmeal (not instant). 30 to 35 minutes. Serves 6
FARRO <i>dipaloselects.com</i>	Fiber-rich farro, a grain popular in Italy, comes from a type of wheat called emmer. It is often confused with spelt.	3 cups water + ¼ teaspoon salt + 1 cup farro. 45 minutes. Serves 4	5 cups water + ¼ teaspoon salt + 1 cup farro. 35 to 40 minutes. Serves 4
MILLET <i>arrowheadmills.com</i>	Millet has a notable array of vitamins and minerals—including folate, manganese, and zinc—and is rich in protein.	6 cups water + ¼ teaspoon salt + 1 cup millet. 30 to 35 minutes. Serves 4	not recommended
QUINOA <i>kalustyans.com</i>	Quinoa is packed with protein and has some iron. In addition to the white variety, there are black and red quinoa grains.	2 cups water + ¼ teaspoon salt + 1 cup quinoa. 15 minutes (white quinoa) or 15 to 17 minutes (red or black quinoa). Serves 6	4 cups water + ¼ teaspoon salt + 1 cup quinoa. 22 to 25 minutes. Serves 6 (not recommended for red or black quinoa)
STEEL-CUT OATS <i>bobsredmill.com</i>	Steel-cut oats are sliced differently from familiar rolled oats. But all oats are high in cholesterol-lowering fiber.	3 cups water + ¼ teaspoon salt + 1 cup oats. 30 minutes. Serves 4	4½ cups water + ¼ teaspoon salt + 1 cup oats. 35 to 40 minutes. Serves 4
WHEAT BERRIES <i>kalustyans.com</i>	These nutty-tasting wheat grains are not milled or otherwise processed. They have good quantities of protein, fiber, and iron.	2½ cups water + ¼ teaspoon salt + 1 cup wheat berries. 1 hour. Serves 4	not recommended

pour it on

Regular milk? Soy? Yogurt?
Every option has its benefits.



1 RICE MILK

This lactose-free drink is often fortified with calcium and vitamin D. It has fewer calories than regular milk.

2 SOY MILK

Low in fat and a good source of protein, dairy-free soy milk is often supplemented with calcium and vitamin D, too.

3 SKIM MILK

Nonfat milk has about half the calories of whole and next to no artery-clogging fat. It's a good source of protein and calcium.

4 LOW-FAT GREEK YOGURT

This creamy yogurt has more protein than the milks shown here and also delivers a nice hit of calcium.

5 BUTTERMILK

Tangy buttermilk is high in protein but not calories. Low- and nonfat types are comparable to their milk peers.

6 ALMOND MILK

This dairy-free milk, which actually tastes like the nut, is very low in calories and high in protein.

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Vegetable Cheese Strata

- 1 1/2 cups finely chopped onion
- 1 cup finely chopped scallion
- 3/4 pound mushrooms, sliced thin
- 3 tablespoons olive oil
- 2 red bell peppers, cut into thin strips (about 2 cups)
- 2 green bell peppers, cut into thin strips (about 2 cups)
- Enough Italian bread cut into 1-inch cubes to measure 9 cups (about 1 1/2 loaves)
- 2 1/2 cups coarsely grated extra-sharp Cheddar (about 10 ounces)
- 1 cup freshly grated Parmesan
- 12 large eggs
- 3 1/2 cups milk
- 3 tablespoons Dijon-style mustard
- Tabasco to taste

In a large skillet cook the onion, the scallion, and the mushrooms in the oil over moderately low heat, stirring, until the onion is softened, add the bell peppers and salt and pepper to taste, and cook the mixture over moderate heat, stirring, for 10 to 15 minutes, or until all the liquid the mushrooms gives off is evaporated and the peppers are tender. Arrange half the bread cubes in a buttered large shallow (4 1/2-quart) baking dish, spread half the vegetable mixture over them, and sprinkle half the Cheddar and half the Parmesan over the vegetables. Arrange the remaining bread cubes over the cheese, top them with the remaining vegetables, and sprinkle the remaining cheese over the top. In a bowl whisk together the eggs, the milk, the mustard, the Tabasco, and salt & pepper to taste, pour the egg mixture evenly over the strata, and chill the strata, covered, overnight. Let the strata stand at room temperature for 15 minutes and bake it in the middle of a preheated 350 F oven for 50 minutes to 1 hour, or until it is puffed and golden and cooked through.

Breakfast Grits

Prep Time: 10 Minutes
Cook Time: 20 Minutes

Ready In: 30 Minutes
Servings: 4

"There 's always a first time, and if this is yours, go for it. This recipe is great. Simple and tasty, just the way grits should be."

INGREDIENTS:

- | | |
|--------------------|---------------------------------------|
| 3 cups water | freshly ground black pepper |
| 1/2 teaspoon salt | 1 tablespoon butter |
| 1 cup hominy grits | 1/2 cup shredded sharp Cheddar cheese |

DIRECTIONS:

1. Bring the water and salt to a boil in a saucepan. Whisk in the grits and continue to whisk for 1 minute. When the mixture comes to a boil again, turn the heat to low. Stir frequently, cook for 10 to 15 minutes.
2. Remove the grits from the heat and add pepper, butter and cheese; mix well. Stir until the butter and cheese are melted.

Superfood Smoothie

Four healthful "superfoods" -- soy, blueberries, yogurt, and orange -- make this a nutrient-packed breakfast or snack.

INGREDIENTS

Serves 1.

- 3/4 cup fresh or frozen blueberries
- 1/2 cup ice
- 1/2 cup plain low-fat regular or Greek yogurt
- 2 tablespoons fresh orange juice
- 2 tablespoons soymilk
- 1 tablespoon honey

DIRECTIONS

1. In a blender, combine all ingredients. Blend until smooth, scraping down sides of blender as needed. Serve immediately.

First published

Carrot-Ginger Smoothie

Create your own juice bar at home with this energizing breakfast drink.

INGREDIENTS

Serves 1.

- 1 banana cut into chunks
- 1 cup ice cubes
- 1/2 cup bottled carrot juice
- 1/2 cup plain low-fat yogurt
- 3/4-inch piece peeled fresh ginger coarsely chopped

DIRECTIONS

1. Puree all ingredients in a blender.

First published

Fearless Hollandaise

Hollandaise sauce is sometimes a cautious sauce because of the use of the raw egg, and the fear of getting sick if not used fast enough. This sauce you don't fear, because you use pasteurized eggs.

1 cup ~ liquid eggs

(These eggs have different names, but they are easy to find)

1 lb. ~ melted butter

1 tbl. ~ mayonnaise

juice of ½ lemon

A couple shakes of Tabasco & Worcestershire sauce

Preparation:

- 1. Melt butter, but aside and keep warm.*
- 2. In a blender put eggs, mayonnaise, lemon juice, Tabasco and Worcestershire sauce.*
- 3. Take off inner top of blender & turn on, while gradually adding melted butter in a thin stream into egg mixture.*
- 4. The sauce will thicken and rich looking.*
- 5. Keep the Hollandaise warm not hot, because it will start cooking. Now you're ready to enjoy.*



Béarnaise Sauce

Hollandaise sauce (see recipe above)

1/8 cup ~ fresh tarragon

1/8 cup ~ tarragon vinegar

1 tsp. ~ minced scallot

Preparation:

- 1. Put all ingredients, except Hollandaise, in a small pan and cook until liquid is gone.*
- 2. Blend into Hollandaise.*