

# Recipes

## *Spinach & Egg Sweet Potato Toast*

*Serves 1*

### Ingredients

- 1 large slice of sweet potato (1/4 inch thick)
- 1/3 cup of cooked spinach
- 1 large egg, fried or poached
- ½ tsp sliced fresh chives
- ½ tsp hot sauce



Photo courtesy of <http://www.eatingwell.com/recipe/262099/spinach-egg-sweet-potato-toast/>

### How to Make It

1. Toast sweet potato in a toaster or toaster oven until just cooked through and starting to brown, 12 to 15 minutes. Top with spinach, egg, chives and hot sauce.

## Nutrition information

**Serving Size:** 1 Toast

**Per Serving:**

124 calories; 5 g total fat; 1.6 g saturated fat; 186 mg cholesterol; 190 mg sodium. 555 mg potassium; 11.5 g carbohydrates; 2.9 g fiber; 3 g sugar; 8.9 g protein; 14756 IU vitamin a; 16 mg vitamin c; 114 mcg folate; 126 mg calcium; 3 mg iron; 70 mg magnesium;

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## **Breakfast Parfait**

**Serves 28**

### **Ingredients**

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



Photo courtesy of <http://www.eatingwell.com/recipe/249313/breakfast-parfait/>

### **How to Make It**

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

## Nutrition Information

**Serving Size:** 1 Parfait

**Per Serving:**

247 calories; 3 g total fat; 1.6 g saturated fat; 15 mg cholesterol; 632 mg sodium. 479 mg potassium; 39.5 g carbohydrates; 3.1 g fiber; 34 g sugar; 20.3 g protein; 395 IU vitamin a; 17 mg vitamin c; 26 mcg folate; 331 mg calcium; 1 mg iron; 42 mg magnesium;

**Exchanges:**

2 Fruit, 3 Lean Meat