

# Heart-Healthy Breakfast

- *Granola Parfaits*
- *Oatmeal Pancakes with Cardamom and Apricots*
- *Smoky Apple, Chayote, and Sweet Potato Hash with Poached Egg*

<b>Nutrition Facts</b>	
Serving: 1 meal	
Amount Per Serving	
<b>Calories</b> 607	
<b>Total Fat</b> 20 g	
Saturated Fat 3 g	
Monounsaturated Fat 8 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
<b>Cholesterol</b> 185 mg	
<b>Sodium</b> 551 mg	
<b>Potassium</b> 861 mg	
<b>Total Carbohydrate</b> 82 g	
<b>Dietary Fiber</b> 12 g	
<b>Net Carbs</b> 70 g	
<b>Sugars</b> 41 g	
<b>Added Sugars</b> 13 g	
<b>Protein</b> 28 g	
Vitamin A	62%
Vitamin C	53%
Calcium	27%
Iron	24%

## **Granola Parfaits**

*Makes 4 servings*

### ***Ingredients***

2 cups non-fat plain Greek yogurt

1 ½ cups granola (*recipe follows*)

1 cup fresh berries

2 tablespoons honey mixed with 1 teaspoon warm water

### ***Preparation***

Line up 4 parfait glasses, wine glasses, or other clear vessel. Spoon ¼ cup of yogurt into each glass and top with 3 tablespoons of granola. Add 2 tablespoons of berries, then drizzle with the honey-water mixture. Repeat the layers once more in each glass.

***Nutrition information (per serving):*** 323 calories, 9 grams total fat (1 grams saturated fat, 3 grams monounsaturated fat, 3 grams polyunsaturated fat, 0 grams trans fat), 5 mg cholesterol, 53 mg sodium, 416 mg potassium, 46 grams total carbohydrate, 6 grams fiber, 28 grams sugar (13 grams added sugar), 17 grams protein

***Notes:*** To reduce the calories by 30, the carbohydrates by 9 grams, and the added sugars by 8 grams per serving, omit the honey.

## **Granola**

*Makes approximately 22 servings, ½ cup each*

### ***Ingredients***

4 cups rolled whole grain such as oats, wheat, barley, or farro

1 cup toasted wheat germ

½ cup flax seeds

1 ½ teaspoon ground cinnamon

1 ½ teaspoon ground ginger

1 cup unsalted sunflower seeds

1 cup unsalted chopped nuts – almonds, walnuts, cashews, pumpkin seeds

½ cup honey or molasses

⅓ cup canola oil, divided

½ cup orange juice or other fruit juice

1 tablespoon pure vanilla extract

1 cup dried fruit such as blueberries, cranberries, strawberries, apricots (chopped), or raisins

### ***Preparation***

Preheat oven to 300° F. Place rack in center of oven

In a large mixing bowl, combine the dry ingredients (through nuts).

In a separate bowl, mix the honey, all but 1 tablespoon of the oil, orange juice, and vanilla. Pour the mixture over the dry ingredients and stir well to combine and coat.

Rub the reserved tablespoon of oil on a baking sheet. Spread granola mixture onto the sheet and bake, stirring every 10 minutes, for about 30 to 40 minutes or until lightly browned and crisp.

Remove the pan from the oven and sprinkle the dried fruit over the toasted granola. Cool completely and store in an airtight container for up to a week.

***Nutrition information (per serving):*** 279 calories, 12 grams total fat (1 grams saturated fat, 4 grams monounsaturated fat, 4 grams polyunsaturated fat, 0 grams trans fat), 0 mg cholesterol, 6 mg sodium, 297 mg potassium, 37 grams total carbohydrate, 5 grams fiber, 18 grams sugar (6 grams added sugar), 7 grams protein

## **Oatmeal Pancakes with Cardamom and Apricots**

*Makes 8 servings. Serving size is 2 silver-dollar-sized (3-inch) pancakes.*

Prepare this recipe with just about any combination of rolled grain, flour, and spices. Add your favorite nuts and dried or fresh fruit, and you'll make these pancakes often to suit your tastes and the occasion!

### **Ingredients**

¼ cup whole-wheat flour  
¼ cup all-purpose flour  
¼ cup rolled oats  
⅓ cup chopped almonds  
1 teaspoon baking powder  
1 teaspoon ground cardamom  
¾ teaspoon salt  
1 egg  
½ cup skim milk  
2 cups cooked oatmeal, at room temperature  
⅓ cup chopped dried apricots  
Canola oil, for the pan

*For serving (optional):* honey, maple syrup, or fresh berries

### **Preparation**

Heat the oven to 200° F. Combine the whole-wheat flour, all-purpose flour, oats, almonds, baking powder, cardamom, and salt in a large bowl.

In a separate bowl, whisk together the egg and milk; stir in the cooked oatmeal and the apricots until just incorporated. Add the oatmeal mixture to the dry ingredients and stir gently until just combined; don't overmix. The consistency should be that of thick pancake batter; add a little more milk or whole-wheat flour as needed.

Heat a large skillet or griddle over medium heat. Lightly coat the pan with oil. Spoon 3-inch cakes of batter into the skillet, leaving room to turn the cakes. Cook until the bubbles that form on top of the pancakes pop, 2 to 3 minutes. Carefully flip the cakes and cook until they're browned on the other side, 2 to 3 minutes more. You may have to rotate the cakes to cook them evenly.

As the pancakes are removed from the skillet, transfer them to a plate in the oven to keep warm while you prepare the remaining batter. Serve with honey, maple syrup, or with fresh fruit or berries in season.

**Nutrition information (per serving):** 146 calories, 6 grams total fat (1 gram saturated fat, 3 grams monounsaturated fat, 2 grams polyunsaturated fat, 0 grams trans fat), 24 mg cholesterol, 293 mg sodium, 139 mg potassium, 19 grams total carbohydrate, 3 grams fiber, 3 grams sugar (0 grams added sugar), 5 grams protein

**Notes:** To reduce the sodium content of this recipe by 55 mg per serving, try using sodium-free baking powder such as Hain Pure Foods Featherweight Sodium-Free Baking Powder, available at [amazon.com](https://www.amazon.com).

## **Smoky Apple, Chayote, & Sweet Potato Hash with Poached Egg**

*Makes 4 servings. Serving size is approximately 1 cup hash and 1 poached egg.*

### **Ingredients**

1 teaspoon olive oil

1 cup sweet potatoes, peeled and diced into ½-inch cubes

½ cup chayote, peeled, and diced into ½-inch cubes (soft seed variety tastes great without removing the seeds)

2 cups apples with skin, cored and diced into ½-inch cubes

½ cup onion, finely chopped

¼ cup poblano pepper, stemmed, seeded and diced into ½-inch cubes

1 teaspoon smoked paprika

¼ teaspoon salt

½ teaspoon freshly ground black pepper

4 small eggs (optional)

Dash white or cider vinegar

*For garnish:* fresh cilantro and hot sauce or freshly ground black pepper

### **Preparation**

Heat the oil in a heavy cast iron skillet over medium heat. Add the sweet potatoes and cook for about 7 minutes or until beginning to soften.

Add the chayote, apples, onions, and peppers and cook until all the vegetables are cooked through and golden, about 5 to 7 minutes. Remove from heat and keep warm.

If using eggs, place one quart of water in a wide, shallow pan. Cover and bring the water to a simmer. Add the vinegar to the water. Crack one egg into a ramekin or cup. Slowly tip the egg into the water; repeat with the remaining eggs. Maintaining a simmer, poach the eggs to desired doneness (5 minutes for a firm white with a slightly runny yolk, longer for a hard-set yolk). Remove each egg with a slotted spoon and drain on a paper towel-lined plate.

Serve hash topped with the poached egg, if using.

**Nutrition information (per serving):** 138 calories, 5 grams total fat (1 gram saturated fat, 2 grams monounsaturated fat, 1 grams polyunsaturated fat, 0 grams trans fat), 156 mg cholesterol, 205 mg sodium, 306 mg potassium, 17 grams total carbohydrate, 3 grams fiber, 10 grams sugar (0 grams added sugar), 6 grams protein

**Notes:** To eliminate the saturated fat and cholesterol in this recipe, omit the eggs.