

Rise and Shine Breakfast on the Run

Cinnamon-Apple Breakfast Quesadilla

One Serving

- 2 (6 inch) whole wheat flour tortillas
- ½ cup chunky applesauce, divided
- 1 teaspoon cinnamon-sugar, divided
- ¼ cup shredded Monterey Jack cheese
- 2 tablespoons vanilla yogurt (optional)

1. Preheat oven to 400° F degrees.
2. Place one tortilla on an un-greased baking sheet. Spread half applesauce over tortilla; reserve half for garnish. Sprinkle half of cinnamon-sugar on applesauce. Top with cheese and second tortilla. Sprinkle remaining cinnamon-sugar on top.
3. Bake at 400° F for 6 to 8 minutes or until golden brown. Cool 2 minutes.
4. Cut into quarters and serve with reserved applesauce and vanilla yogurt.

Breakfast Soft Taco

One serving

- 1 strip bacon, cooked crisp and drained
- 1 egg beaten
- 1 oz. (¼ cup) shredded American or Cheddar cheese
- 1 whole wheat flour tortilla (7 or 8-inch), warmed
- Salsa or chopped tomato, onion, bell peppers

1. Crumble bacon and add to egg. Scramble egg in small skillet over low heat until cooked.
2. Spoon cooked egg over warmed tortilla. Sprinkle with cheese. Roll up and serve with choice of salsa, or chopped vegetables.

Satellite Stack-Ups

One serving

- 3 frozen cooked pancakes (preferably whole grain)
- 1 slice (1 oz.) lowfat turkey ham
- 1 slice Monterey Jack cheese
- ½ cup chunky apple sauce or crushed pineapple

1. Heat frozen pancakes in toaster.
2. Place one heated pancake on microwaveable serving plate. Top with turkey ham. Top with a second pancake. Put cheese on second pancake. Top with third pancake.
3. Top with apple sauce or pineapple
4. Put plate of pancakes in microwave. Heat at HIGH for 1 minute. Remove carefully from the microwave (use hot pads). Let stand a minute before eating.



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. www.cphp.uic.edu

Banana Rockets

4 servings

- ½ cup vanilla or plain low-fat yogurt
- 1 tablespoon peanut butter
- 2 cups banana-flavored wheat and oat flake cereal, crushed to 1 cup or 1 cup lowfat granola
- 4 small bananas
- Plastic wrap
- Popsicle sticks

1. Combine yogurt and peanut butter in a small bowl.
2. Cut four large squares of plastic wrap. Put ¼ cup cereal on each square.
3. Peel bananas. Insert popsickle stick in one end of each banana. Spread each banana with yogurt mixture and lay on cereal; turn to coat evenly and wrap each banana in the plastic wrap square. Twist ends to hold. Freeze or refrigerate until ready to eat.

Berry Good Wafflewich

One Serving

- 2 (4-inch) waffles, toasted (preferably whole grain)
- 1 ounce (about 2 tablespoons) low fat cream cheese, softened
- 1 to 2 tablespoons strawberry preserves or jelly
- 1 tablespoon granola (optional)

1. Spread one waffle with half of the cream cheese; top with preserves and granola.
2. Spread second waffle with remaining cream cheese; close sandwich.
3. With sharp serrated knife, cut into quarters to serve.

Town Square

Open-Faced Sandwiches

4 Serving

- 4 slices whole wheat or oatmeal bread, toasted
- 8 teaspoons peach or strawberry preserves or applesauce
- 2 slices turkey ham, cut in half
- 1 can (8 oz.) pineapple slices in juice, drained (4 slices)
- 4 slices (¼ oz. each) Monterey Jack cheese
- 4 Tablespoons Maple syrup or fruit preserves

1. Preheat oven to 400° F. Spray a rack with baking spray and set in a jelly-roll pan.
2. Spread each slice of toasted bread with 2 teaspoons preserves. Top each slice with ½ slice turkey ham, a slice of pineapple and a slice of cheese.
3. Bake at 400° F for 5 minutes or until cheese is melted. Serve with syrup or preserves.



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