



- 1 Oroweat Double Fiber English Muffin or other whole grain muffin - *Toasted*
- 1 Large egg - *Scrambled in microwave; seasoned with salt & pepper*
- 2 Tablespoons shredded 2% cheddar cheese
- 1-1oz slice canadian bacon - *Warmed in microwave*
- Buttery spray

FOOD CHECK-OUT WEEK[®]

STRETCHING YOUR GROCERY DOLLAR WITH HEALTHY, NUTRITIOUS FOOD

English Muffin Breakfast Sandwich

Servings: 1

Preparation:

Microwave scrambled egg: In a small microwave safe bowl, place one whole egg, salt, pepper and 1 tablespoon water. Scramble egg mixture until combined. Heat in microwave on high for 45 seconds until all liquid from egg is cooked thoroughly (do not overcook). Use immediately.

Split the English muffin and toast it.

Spray toasted English muffin with butter spray and top with cheese on one half. Place the slice of Canadian bacon on top of bacon. Place other half of muffin on top of egg.

Enjoy immediately!



Dairy and Eggs

Farm Bureau®

Fast Facts:

What is the difference between a full fat, low fat and nonfat dairy product?

- Full fat products use whole milk, low fat use 1% or less milk and nonfat uses skim milk.
- 2% milk fat products are considered only reduced-fat (not low fat) because they have more than 30% of the calories coming from fat. 2% cheese products are usually a good alternative to whole milk cheese or nonfat cheeses because you preserve taste and creaminess but don't get as much saturated fat in the cheese that can increase your risk of heart disease.
- Choose nonfat for use in recipes but low/reduced fat for eating due to improved taste and texture.
- Drink 1% or nonfat milk.
- If you can't have dairy products, soy milk makes a good alternative and comes in low and nonfat varieties, has good quality proteins and is usually calcium fortified. It also comes in plain, vanilla, chocolate and strawberry flavors.

Nutrition and Health Benefits of Dairy Products:

- Cheese, milk, and yogurt are good sources of calcium which is necessary for healthy bones, teeth and muscle function.
- Dairy products, especially a low fat cottage cheese, are a good source of protein which helps to make you feel fuller longer because it slows down your digestive process.
- All ages need calcium, especially kids under the age of 17. Ninety-two percent of their bone density is developed by this age.
- Choose non fat or low fat yogurt that has no sugar added.
- Choose butter spreads that incorporate healthier fats like olive oil, soybean or canola oil.
- **Serving sizes of dairy products:**
 - 2% cheese – 1.5 oz. or about the size of 3 dominoes or 6 dice.
 - Whole milk cheese – 1 oz. or about the size of 2 dominoes or 4 dice.
 - 1/2 cup of cottage cheese
 - 1 cup (8 oz.) of milk or yogurt
 - Butter – 1 teaspoon - about the size of the end of a female's thumb.

Eggs

- 1 large egg is equal to 1 oz. of protein or about 7 grams.
- Eggs provide a powerful antioxidant for the eyes called "lutein" and very healthy fats for the heart.
- Research shows the cholesterol found in eggs does not raise blood levels of cholesterol.

- Egg white is mostly protein and contains a very high-quality protein that is easily absorbed by the body.
- There is no nutritional difference between a brown egg and a white egg. The eggshell color is determined by the breed of chicken laying the egg.

• Snack ideas and serving suggestions:

Cheese and fruit kabobs: Using a small wooden skewer, alternate fruits like strawberries, bananas, melon pieces, apples and/or pineapple with reduced fat cheese cubes. Eat with whole grain crackers for increased fiber.

Yogurt Parfait: In a medium glass or bowl, layer graham cracker pieces, low fat yogurt, fruit of choice (berries, bananas, mandarin oranges, peaches, etc.) and top with a teaspoon of mini chocolate chips. A "good for you" dessert!

Cheese sticks, sliced cheese, crackers and fruit make portable, easy grab-n-go snacks for the road too!

Add reduced fat cheese to salads and sandwiches to increase your calcium intake.

• Budget considerations

Buy store-brand yogurts, milk, cheese and cottage cheese for better value.

Remember – everyone loves breakfast for dinner. Scramble some eggs with reduced fat cheese and some diced veggies and/or lean meat. Serve with a side dish of fruit and some whole grain toast for a fast, healthy and hearty meal that's easy on the wallet.