

A better breakfast Laying the foundation for good health

The word breakfast comes from the Old English word "morgenmete," which means "morning meal," meant to break the fasting period of the night.

Breakfast is important for refueling the body, providing needed vitamins and nutrients.

CHELSEA MATHENIA



A "Peas" of Nutrition

During the early to mid-1900s, it was common for families to gather around the table for a breakfast of eggs, toast, sausage and bacon. As more women began entering the workforce outside the home, breakfast evolved from time-consuming hot meals to quick

cold cereals. Today's busy family's daily routine has become too demanding for even cold cereals. Many dash out of the house without having properly fueled their bodies for the day ahead.

What can we expect from a skipped breakfast? Studies show that skipping breakfast may increase our waistlines. When people don't eat a breakfast high in protein, they may turn to unhealthy snacks. Eating a good breakfast helps to lessen hunger pangs before lunch time. Daily tasks tend to be more difficult to complete when an individual has not eaten breakfast. Children who skip breakfast are tardy and absent more often than those who eat a substantial meal.

The first meal of the day is important to provide fuel for the brain and body, thus keeping us from feeling sluggish and tired, enabling us to complete tasks proficiently.

It's unlikely required vitamins and minerals missed during the morning will be made up at later meals. Daily requirements of vitamins and minerals should be met to

maintain a healthy body.

To avoid skipping breakfast, wake up 15-30 minutes earlier each day. By adding just 15 minutes to the morning routine, you'll have more time to toast a whole wheat English muffin, spread on a thin layer of protein-packed peanut butter and enjoy a quick breakfast. Add an 8-ounce glass of milk or 100 percent juice to further maximize nutrients and vitamins.

If waking earlier is not an option, make breakfast preparations in advance. Cut up fruits and/or vegetables the night before or even make something like healthy Spinach Quiche Cups days in advance which can be frozen then reheated. Both options reduce breakfast preparation time while ensuring a healthful meal.

Supermarkets are geared toward the busy family. There are a plethora of ready-to-eat options requiring little or no preparation.

However, keep in mind some convenience foods are high in sugar and sodium. Aim for fiber-rich granola bars, easy-to-eat fruits like apples and bananas, or even breakfast shakes that provide calories and protein.

With ingenuity and planning, we can all work a substantial breakfast into our daily routine.

Spinach Quiche Cups

- 6 strips of lean turkey bacon
- 1 tablespoon olive oil
- 4 white mushrooms, coarsely chopped
- 1/2 medium onion, finely chopped
- Salt and black pepper to taste
- 2 cups baby spinach
- 2 cups egg substitute
- 1/3 cup sharp cheddar cheese, shredded

Preheat oven to 375°F. Sauté onions, mushrooms, spinach and turkey bacon in olive oil for 5 minutes.

Spray a mini muffin pan with cooking spray. Divide egg substitute evenly among muffin tins. Add veggie mixture to each tin, top with cheese, salt and pepper. Bake 25 minutes until set and golden brown.

Allow to cool; freeze individually. Re-heat for a quick meal.

Orange Dream Breakfast Smoothie

- 1 navel orange
- 1/4 cup fat-free Greek yogurt
- 2 tablespoons frozen orange juice concentrate
- 1/4 teaspoon vanilla extract
- 4 ice cubes

Put all ingredients into a blender, process until smooth. You may also add protein powder to incorporate more nutrients as well as a banana for added flavor and potassium.

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RECIPE ROUNDUP

Pineapple Upside Down Biscuits

FROM CAROL KICINSKI, WWW.SIMPLYGLUTEN-FREE.COM

- 6 tablespoons melted butter, divided use
- 12 maraschino cherries, remove stems, pat dry
- One 20-ounce can crushed pineapple
- 1/4 cup brown sugar
- 1-1/2 cups all purpose flour, plus a bit more
- 1/4 cup powdered milk
- 1 teaspoon sugar
- 3/4 teaspoon kosher salt
- 2-1/2 teaspoons baking powder
- 3/4 teaspoon baking soda
- 1/4 cup cold unsalted butter, cut in pieces
- 1/4 cup vegetable shortening
- 1 large egg
- 1/2 cup buttermilk

Preheat oven to 450°F. Brush a standard muffin pan with 1 tablespoon melted butter. Place a cherry in bottom of each muffin tin.

Drain pineapple, reserve juice. Combine pineapple with 4 tablespoons melted butter and brown sugar. Spoon mixture evenly into tins.

Place flour, powdered milk, sugar, salt, baking powder/soda into food processor, pulse. Add cold butter/shortening, pulse until it resembles coarse crumbs. Add egg and buttermilk, pulse.

On floured work surface, knead biscuit batter until dough is not sticky. Divide dough into 12 equal-sized balls, flatten to size of muffin tins. Place biscuits on top of pineapple mixture.

Mix 2 tablespoons reserved juice with remaining melted butter, brush on top of biscuits. Bake 12-15 minutes, cool in pan 2 minutes then flip onto a plate to release biscuits.

*Gluten-free: Replace flour with 1-1/2 cups all-purpose gluten-free flour blend.

Frosty Orange Banana Sipper

FROM WWW.DAIRYMAKESENSE.COM

- 1 medium banana, peeled, chunked and frozen
- 3 ounces frozen orange juice concentrate
- 1 cup low-fat milk
- One 6-ounce container low-fat vanilla yogurt

Set milk in freezer 30 minutes before using. Combine all ingredients in a blender; blend until smooth and creamy. Pour into glass and enjoy.

Fruit Salsa Yogurt Parfait

FROM WWW.DAIRYMAKESENSE.COM

- One 15-ounce can peach slices in juice
- One 8-ounce can pineapple chunks in juice
- 2 peeled and chopped kiwis
- 1 cup chopped strawberries
- 2 tablespoons brown sugar
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- One 32-ounce carton non-fat vanilla yogurt

Drain peach slices, discarding juice. Drain pineapple chunks, reserving juice. Chop peaches and pineapple.

Toss peaches, pineapple, kiwi, strawberries, brown sugar, spices and reserved pineapple juice in medium bowl.

Layer 1/2 cup yogurt with 6 tablespoons fruit salsa in each of 8 parfait glasses or dessert dishes. Serve immediately.

Makes 8 servings.

Gluten-free Vegan Breakfast Bars

FROM CAROL KICINSKI, WWW.SIMPLYGLUTEN-FREE.COM

- Oil or gluten-free non-stick cooking spray
- 2-1/2 cups certified gluten-free rolled oats
- 1 cup sliced almonds
- 1 cup roasted seeds (such as pumpkin or sunflower)
- 2 ounces freeze dried fruit
- 1 cup unsweetened flaked coconut
- 6 ounces (or 1 cup) dark chocolate chunks or chips
- 1/2 teaspoon kosher or fine sea salt
- One 13.5-ounce can full fat coconut milk
- 1/3 cup agave nectar or maple syrup
- 3 tablespoons tapioca or corn starch

Preheat oven 250°F. Heavily grease a 9x12-inch baking pan with oil or cooking spray.

In a large mixing bowl, combine oats, almonds, seeds, freeze dried fruit, coconut and chocolate.

In a small bowl, whisk together coconut milk with the agave or maple syrup, and starch.

Add liquid ingredients to dry ingredients, mix well.

Spread mixture into prepared pan, press down firmly and evenly.

Bake 1 hour. Let cool in pan 15 minutes then run a knife around edges of the dish and cut into 12 2x4 1/2-inch bars.

Let cool completely in the pan before removing bars.

Store breakfast bars in an airtight container or food storage bag at room temperature for up to one week.

Breakfast Beef Burritos

FROM WWW.BEEFITSWHATSFORINNER.COM

- 8 ounces beef sirloin tip center steaks, cut 1/8- to 1/4-inch thick
- 2 eggs, beaten
- 1/4 cup shredded Mexican cheese blend
- 1 tablespoon water
- 1/4 teaspoon pepper
- Salt
- 2 medium flour tortillas (10-inch diameter), warmed
- 1/4 cup prepared salsa
- Toppings: Sour cream, chopped cilantro, additional prepared salsa

Combine eggs, cheese and water in small bowl.

Spray large nonstick skillet with cooking spray; heat over medium-high heat until hot. Add egg mixture; cook and stir 1-2 minutes until scrambled and just set. Set aside; keep warm.

Season beef steaks with pepper. Wipe out skillet with paper towels. Spray with cooking spray; heat over medium-high heat until hot. Add 1/2 of beef; cook 1/8-inch thick steaks 1-2 minutes (1/4-inch thick steaks 3-4 minutes) until outside surface is no longer pink. Don't overcook.

Remove from skillet, repeat with remaining beef. Season beef with salt, as desired.

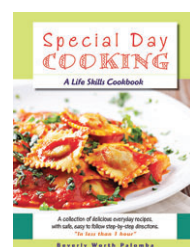
Layer 1/2 of beef on each tortilla, leave 1-1/2-inch border on right and left sides; top with 2 tablespoons salsa and 1/2 of eggs. Fold right/left sides of tortilla over filling.

Fold bottom edge up over filling, roll up tightly. Serve with toppings.

Makes 2 servings.

COOKBOOK REVIEW

First-of-its-kind cookbook



In her 11 years working with special education students, Beverly Worth Palomba found that developmentally challenged individuals require certain teaching strategies. After developing a culinary arts class for her students she found there wasn't a cookbook on the market that enforced these critical teaching methods.

As a result, Palomba created *Special Day Cooking: A Life Skills Cookbook* (2014, Special Day Publishing).

More than 60 everyday recipes appear in large type, sport a color photograph and are formatted in consistent, easy-to-follow steps for all skill levels. The recipes are safe — needing only a microwave, toaster or blender and a plastic knife to cook, and sometimes no equipment at all — and can all be completed in one hour or less.

There are beginner recipes to start with and more involved recipes once the cooking process has been learned.

Recipes include Breakfast Egg Muffin, Sweet and Sour Chicken, Crunchy Coleslaw, Cinnamon Raisin Bread Pudding, Key Lime Pie, Quick Pizza Snack, Root Beer Float, etc.

Maple and Brown Sugar Oatmeal

GATHER INGREDIENTS

- 1/2 cup old-fashioned oats
- 3/4 cup water
- 2 teaspoons maple syrup
- 2 teaspoons brown sugar
- 1 tablespoon raisins

- 5. Microwave 90 seconds. Remove bowl from microwave with pot holders.
- 6. Mix with kitchen teaspoon.

ADD TOPPINGS

- 1. Measure 2 teaspoons maple syrup. Add to oats. (Catch spills: measure maple syrup over small bowl, then add to oats.)
- 2. Measure and level 2 teaspoons brown sugar. Add to oats.
- 3. Measure 1 tablespoon of raisins. Add of oats.
- 4. Mix with kitchen teaspoon.
- 5. Microwave 60 seconds. Remove bowl from microwave with pot holders.
- 6. Mix with kitchen teaspoon. Makes 1 serving.

GATHER EQUIPMENT

*Put a paper towel on your cooking area to catch spills.

Microwave

- 1 medium microwave-safe bowl
- 1 liquid measuring cup
- 1/2 cup dry measuring cup
- Measuring spoons
- 1 small bowl (catch spills: measure over bowl)
- 1 kitchen teaspoon
- 1 plastic knife (use knife to level ingredients)

COOKING DIRECTIONS

- Make oatmeal.
- 1. Measure 1/2 cup old-fashioned oats in dry measuring cup.
- 2. Pour into medium microwave-safe bowl.
- 3. Measure 3/4 cup water in liquid measuring cup. Add to oats.
- 4. Mix with kitchen teaspoon.

*WHEN YOU FINISH COOKING

- 1. Put your ingredients and equipment away.
- 2. Wash and put your dishes away.
- 3. Wipe your cooking area clean.

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