



Building a Balanced Breakfast

You've heard it before—"breakfast is the most important meal of the day"—but it's true! Starting off the day with a well-balanced meal gives your body the energy it needs after fasting overnight. Eating breakfast can even help decrease your risk for diabetes by providing steady energy at the beginning of the day which avoids a blood sugar spike.

Adding a breakfast into your day isn't the only thing that matters; *what* you eat is just as important. Aiming to add a protein and fiber source to your breakfast meal can help slow digestion and provide you with more sustained energy. Fiber is a non-digestible starch that promotes regular bowel movements and can help lower cholesterol. Fiber comes from whole grains, vegetables, and fruits. At breakfast, this may look like whole wheat toast, oatmeal, spinach, or berries. Proteins provide long-lasting energy and are the building blocks for many functions in the body. They can be plant-based or animal proteins like yogurt, eggs, tofu, beans, nuts, nut butter, sausage and other breakfast meats.

So what should you eat for breakfast? Here are some examples to start your day off strong:

- Omelet with vegetables or a spinach and pepper frittata
- Whole grain oatmeal with nuts and Greek yogurt
- Whole wheat toast with avocado and egg
- Greek yogurt with peanut butter and fruit
- Tofu vegetable scramble
- Bagel with cream cheese, tomatoes, and canned salmon

Food Safety Tips

Products like dry goods take longer to use up than produce because they don't spoil as quickly. One way to keep track of spoilage is to write the open date on the container or package.



SNAP BENEFITS

If you need help with food, apply for SNAP today!

The Greater Boston Food Bank can help you apply for SNAP benefits.

Contact us to find out if you are eligible, want to apply, or want support on your existing case.

CALL: (617)598.5022
or
VISIT: [GBFB.org/SNAP](https://www.gbfb.org/SNAP)



Avocado Breakfast Bruschetta

Nutrition Facts

Avocado Breakfast Bruschetta

Amount Per Serving (3 slices each)

Calories 953	Calories from Fat 189
	% Daily Value*
Total Fat 21g	32%
Saturated Fat 5g	25%
Trans Fat 0g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 8g	
Cholesterol 191mg	64%
Sodium 1760mg	73%
Potassium 837mg	24%
Total Carbohydrates 153g	51%
Dietary Fiber 11g	44%
Sugars 16g	
Protein 40g	80%
Vitamin A	24%
Vitamin C	25%
Vitamin D	0%
Calcium	19%
Iron	68%

Ingredients

- 1 avocado, ripe, peeled, pitted, and diced
- 2 medium tomatoes, diced
- 1 bunch green onions, diced
- 1/2 cup basil, chopped, plus 2 teaspoons
- 4 large eggs, hard-boiled, chopped
- 12 slices baguette bread, whole wheat
- 1/4 cup ricotta cheese, low-fat

Directions

1. Reserving 2 tbsp. basil for garnish, gently toss first five ingredients in a small bowl. Add pepper to taste.
2. Toast baguette slices and smear with ricotta cheese.
3. Top with avocado mix and garnish with chopped basil.

Makes 4 servings

LOOKING FOR RECIPE INSPIRATION?

Check out Click 'N Cook®, our online recipe database at clickncook.org



What can you do with: Carrots



Carrots are a starchy root vegetable and contain beta carotene, the precursor to vitamin A, which gives them their iconic orange color.

- **Choosing:** Look for firm, fairly-well colored carrots. Avoid carrots with soft spots or rot.
- **Storing:** Since carrots are root vegetables, they store well in the fridge for 3-4 weeks uncut. If they are cut, they do well for about 2-3 weeks.
- **Preparing:** Wash well in cool water to get rid of any excess dirt since they come from the ground. Cut off the stems and tip of the carrots but leave the skin because it contains good nutrients.
- **Cooking:** Carrots can be eaten raw, steamed, baked, roasted, sauteed, boiled, and grilled.
- **Nutrition:** Carrots are an excellent source of vitamin A and potassium. One serving of ½ cup of carrots provides 73% of the recommended daily value of vitamin A.
- **Fun Fact:** Carrots originate from Central Asia near modern-day Afghanistan.

A CLICK N' COOK RECIPE
MORE AT: CLICKNCOOK.ORG

Spicy Curry Turkey Soup



Ingredients

- 1 tablespoon olive oil
- 1 pound turkey, ground
- 1 cup onion, chopped
- 1 cup celery, diced
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons all purpose-flour
- 3/4 tablespoon curry powder
- 4 cups chicken broth, low-sodium
- 2 cups carrots, chopped
- 3 red potatoes, diced
- 2 cups spinach, chopped

Directions

1. Heat the olive oil in a large pot over medium. Add the turkey and cook until no longer pink, about 5 minutes. Add onion and celery and cook for about 7 minutes, stirring occasionally. Sprinkle with salt and pepper.
2. Stir in the flour and curry powder and cook for 2-3 minutes, stirring occasionally.
3. Pour in chicken broth and scrape up any browned bits at the bottom of the pan.
4. Bring to a simmer and add carrots and potatoes. Bring to a boil.
5. Reduce the heat and simmer and cover, cook for about 15 minutes or until carrots and potatoes are soft. Stir in spinach and serve.



Plant-Based Proteins

February is American Heart Month, which is a great time to focus on being heart healthy. One way to be heart healthy is to incorporate more plant-based meals. You don't need to be fully vegan to gain the benefits from a plant-based diet. Many plant foods also contain protein such as tofu, edamame, nuts, legumes, seeds, quinoa, buckwheat and amaranth.

Since these protein sources are from plants, they naturally contain fiber whereas animal proteins are muscles. Fiber aids in reducing cholesterol. Lowering cholesterol decreases the risk of heart disease and promotes overall heart health. Plant proteins are also high sources of healthy fat, such as unsaturated fats. Unsaturated fats improve cholesterol levels. For example, a quarter cup of walnuts provides 15% of total fat from unsaturated fats.

Try having one vegetarian dinner a week using plant-based proteins.



February 2023

National Cherry Month

National Hot Breakfast Month

National Homemade Soup Day

February 4th

National Biscotti Day

February 12th

National Clam Chowder Day

February 25th

National Strawberry Day

February 27th