Whether it’s Dinner Tonight or breakfast tomorrow Cheddar and Mushroom Breakfast Squares are packed with nutrition. Enjoy with Balsamic Yogurt Grilled Vegetables and Blueberry Almond Coffee Cake. Don’t forget to wash it all down with a glass of ice cold low-fat or fat-free chocolate milk.
ENTREE  CHEDDAR & MUSHROOM BREAKFAST SQUARES

Serves: 9 (2 1/2 inch square per serving)

INGREDIENTS
2 teaspoons butter
2 cups mushrooms, sliced
1/2 cup green onion, sliced
6 slices whole grain bread, cubed
2 cups low-fat cheddar cheese, shredded
2 cups low-fat milk
2 cups egg substitute
1 teaspoon hot pepper sauce, red or green
1/4 teaspoon salt

PREP
> Spray an 8x8 inch square glass or ceramic baking dish with cooking spray; set aside. In a medium skillet over medium heat, melt butter and add mushrooms. Cook mushrooms about 5 minutes or until softened and brown at edges. Stir in green onion; set aside.

Nutrition facts per serving: Calories: 168, Total Fat: 4 g, Cholesterol: 9 mg, Sodium: 437 mg, Potassium: 246 mg, Calcium: 246 mg, Total Carbohydrate: 18 g, Fiber: 1 g, Protein: 17 g, Vitamin D: 42 IU

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SIDE  BALSAMIC YOGURT GRILLED VEGETABLES

Serves: 4 (1 cup per serving)

INGREDIENTS
1/2 cup vinegar, balsamic
1 1/4 cups yogurt, plain fat-free or low-fat
2 tablespoons olive oil
2 garlic cloves, minced
2 tablespoons parsley, chopped
3 zucchini, sliced in 1/2 inch rounds
2 eggplants, baby, sliced in 1/2 inch rounds
1 sweet onion, sliced in 1/2 inch rounds
1/2 cup roasted red peppers, diced

PREP
> Pour balsamic vinegar in a small saucepan. Simmer until reduced to 3 tablespoons, cool vinegar. Add cooled vinegar to yogurt with oil, garlic, and parsley. Divide mixture in half. Place prepared zucchini, eggplant, and onion on a sheet pan and brush with 1/2 of the yogurt mixture. On a lightly oiled preheated grill, cook vegetables until golden and brown (3-4 minutes). Place cooked vegetables on a platter and sprinkle with red peppers. Drizzle remaining dressing over vegetables and serve.

Nutrition facts per serving: Calories: 236, Total Fat: 8 g, Cholesterol: 2 mg, Sodium: 115 mg, Potassium: 1065 mg, Calcium: 194 mg, Total Carbohydrate: 36 g, Fiber: 10 g, Protein: 9 g, Vitamin D: 0 IU
DESSERT BLUEBERRY ALMOND COFFEE CAKE

INGREDIENTS
Nonstick cooking spray
1/2 cup slivered blanched almonds
1 container (8 ounces) light sour cream
1/2 cup milk
2 tablespoons sugar or sugar substitute
(such as Splenda)
2 packages (7 ounces each) blueberry muffin mix
Glaze:
1 cup powdered sugar
2 tablespoons milk
1/4 teaspoon almond extract

Nutrition facts per serving: Calories: 300, Total Fat: 10 g, Cholesterol: 9 mg, Sodium: 270 mg, Potassium: 99 mg, Calcium: 96 mg, Total Carbohydrate: 48 g, Fiber: 1 g, Protein: 6 g, Vitamin D: 8 IU

Serves: 9 (3 inch square per serving)

PREP
➢ Preheat oven to 350° F. Spray 9-inch square pan lightly with non-stick spray. Spread almonds in single layer on ungreased cookie sheet. Bake at 350° F for 5 to 7 minutes or until light golden brown. Cool 15 minutes. Chop almonds and set aside.


➢ Bake at 350° F for 35-40 minutes or until golden brown and cake begins to pull away from sides of pan. Meanwhile, combine all glaze ingredients in small bowl. Blend until smooth. Remove coffee cake from oven. Drizzle glaze over hot cake. Cool 10-15 minutes before serving.