



ACE HEALTHY COOKING tips

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STAYING ON TRACK

Eating healthy doesn't have to be time consuming. Take healthy treats on the go or enjoy them in the comfort of your home after only a few minutes of preparation. You've worked hard; now maintain it!

BAKED EGGS WITH SPINACH BREAKFAST BURRITOS

- Whole grain or whole wheat tortillas
- 6 eggs
- 1 cup frozen spinach
(defrosted with excess water squeezed out)
- ½ cup low-fat shredded cheese
- Olive oil

Preheat oven to 350°F. Crack eggs into a medium mixing bowl and beat gently. Add defrosted spinach, meat and cheese and mix well. Using 1 tablespoon of olive oil, grease an 8x8 square baking dish. Pour egg mixture into baking dish. Bake for about 30 minutes and remove.

Once cool, slice frittata into 6 rectangles. Take one tortilla and place frittata slice on one half of the tortilla. Fold three sides of the tortilla toward the frittata slice and roll over, forming a burrito. Repeat with remaining 5 pieces.

Burritos can be wrapped in plastic wrap and kept in the refrigerator or freezer. To serve, heat in microwave for 1 minute and go!

VEGGIES WITH YOGURT AVOCADO DIP

- 3 ripe avocados
- ½ cup nonfat plain yogurt
- 1 garlic clove, chopped
- ¼ cup chopped onion
- Juice of 1 lime
- 1 teaspoon salt

Mash avocados well in a bowl with a fork. Add yogurt and stir. Add garlic, onion, cilantro, and salt, then top with lime juice. Stir until mixed well. Serve with a variety of vegetables, including peppers, carrots, celery or cucumber.

BREAKFAST BANANA SPLITS

- 4 bananas
- 2 cups nonfat Greek Yogurt
- 2 cups fresh or frozen (defrosted) fruit
- 1 cup granola

Peel bananas, split lengthwise and place into a dish. Repeat with remaining bananas. Place ½ cup of yogurt on top of bananas, and then top with yogurt and ½ cup of fresh fruit. Sprinkle with ¼ cup of granola and serve.