



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Keep working on making habits effortless!

Habit #4 – Simplify dinners to be on the table in 30 minutes.

When you're getting dinner on the table quickly, breakfast recipes are a great option. Whether you like breakfast for dinner or want something more traditional, including nutrient-rich eggs in your meal may help your health.

Their valuable nutrients play a role in managing weight, building muscle strength, a healthy pregnancy, brain function, and good vision/eye health.



Eggs are...

- **PROTEIN PACKED** - A large egg has 6g protein.
- **NUTRIENT DENSE** - Contains good (10% DV) or excellent (20% DV) amounts of essential nutrients
- **PORTION CONTROLLED** - Each nutrient-rich large egg has just 70 calories.

GOOD NEWS! Research analyzing data from 28 other studies found moderate egg consumption was not linked to higher risk of heart disease. Saturated fats cause the cardiovascular problems, not cholesterol in foods. So, take heart in knowing eggs are safer than previously believed.

Egg and Mushroom Burritos



Ingredients:

- 12 large eggs, beaten
- 6 slices turkey bacon
- 4 oz. mushroom slices
- 4 oz. baby arugula
- 6 whole wheat tortillas (7 to 9-inch), warmed



Directions:

1. Cook bacon in a nonstick skillet over medium heat until crisp. Remove bacon to a paper towel and press to absorb grease. Pour out all but 1 tbsp. drippings. Add mushrooms to the skillet; sauté over medium heat 2 minutes. Add arugula; cook about 1 minute until wilted.
2. Pour eggs over mixture in skillet. As eggs begin to set, gently pull the eggs across the pan with an inverted turner. Continue cooking—pulling, lifting and folding eggs—until thickened and no visible liquid egg remains. Do not stir constantly. If desired, season with salt and pepper.
3. Spoon egg mixture into center of each tortilla, dividing evenly; top each with one slice of bacon, crumbled. Fold in sides of tortillas, then roll up burrito-style.
4. **Optional:** Serve with a side of cut fruit. *Recipe adapted from IncredibleEgg.org.*