

Breakfast Sandwich

Bagel or English muffin
2 eggs
1/8 cup skim milk
Nonstick spray or 1 tsp. of butter/margarine
1 slice natural cheddar or Swiss cheese

1. Crack eggs in small bowl. Add milk and whisk together.
2. Heat butter or spray small pan with Pam.
3. Place bagel or English muffin in toaster.
4. Pour eggs into pan and scramble
5. When bagel or muffin is done, place cheese on one side of muffin or bagel.
6. Put eggs on cheese. Top with other half.
7. Eat and enjoy.

Oven Fried Chicken Dinner

4 Boneless chicken breasts
1/4 cup skim milk
1/2 cup grated Parmesan cheese
1/2 cup cornflakes, crumbled
Nonstick spray or 2 Tbsp. Olive oil
Salt and pepper

1. Coat bottom of a glass baking dish with a nonstick spray or olive oil.
2. Combine the crumbs and cheese in a small bowl.
3. Place chicken in dish.
4. Bake at 350° for 30 minutes, turning every 10 minutes or microwave on high for 12-15 minutes.

Veggie Rollups for Lunch

4 large flour tortillas
1/2 cup hummus or 4 oz. feta cheese, crumbled
1 cup lettuce, shredded
1/2 cucumber, chopped

1. Divide hummus or cheese over each tortilla.
2. Top with veggies.
3. Roll up tortilla.