



# Nutrition News - May 2022

## Bumping Up Your Breakfast

According to the 2020-2025 Dietary Guidelines for Americans, many of us don't consume enough calcium, potassium, dietary fiber and vitamin D. Use these tips to add these important nutrients to your morning meal.

**Waffle makers** are uniquely equipped to make warm, crispy breakfast concoctions by heating both sides quickly and at the same time. Coat the waffle iron with cooking spray before preparing portable quesadillas, creating grilled cheese on whole-wheat bread or transforming frozen plain shredded potatoes into hash browns. You can even "waffle" pizza dough, then top the cooked dough with tomato sauce and cheese.

**Breakfast beans:** One serving of cooked beans helps provide several nutrients people need, including calcium, potassium, dietary fiber and protein. Beans can be counted as a serving of vegetables or as a protein food. Microwave frozen edamame and pair with a hardboiled egg and fruit to keep you full until lunch time. A bean burrito will fill your belly, too. Search "tortilla hack" on social media and make a creation with any bean, vegetable and cheese combination on a whole-wheat tortilla.

**Hummus** can be a savory or sweet start to the day. Spread plain hummus on whole-grain toast or cut-up vegetables, or smear sweet cinnamon hummus on graham crackers or pieces of fruit. To make your own sweet spread, puree a can of drained and rinsed chickpeas and add 3 to 4 tablespoons of honey or maple syrup, plus your favorite spices and some vanilla extract.

**Frozen quick fixes:** To control the amount of sodium and calories from saturated fat and added sugars, create your own frozen packaged breakfasts. For breakfast sandwiches, make simple homemade patties using vegetables or lean meat and freeze each with a whole-grain English muffin top. Then make scrambled eggs in round egg rings and freeze each with an English muffin bottom. To serve, warm each half side-by-side (not on top) at 60-percent power in the microwave for 2 to 3 minutes, flipping halfway through.

**Overnight success:** Take a few minutes the night before to prepare a ready-to-eat breakfast for morning. Make savory overnight oats by mixing dry oats, plain yogurt, a drizzle of olive oil and a shake of both kosher salt and crushed red pepper. Refrigerate until morning. Quick barley is chewy and nutty after an overnight soak in milk, yogurt or 100-percent fruit juice. Or soak cooked brown rice, quinoa or farro overnight in a sweet or savory liquid, then add toppings such as dried fruit and nuts or leftover cooked vegetables with salsa or kimchi.

**Sandwiches are great portable breakfasts** and they're even better with a smear of mashed avocado. To keep avocado from turning brown, place sandwich fillings tightly against the avocado or use plastic wrap placed smooth against the avocado to prevent oxidation.

**Travel mug meals:** Pack a spoon to get the goodies out of the bottom of your to-go cup. For a super soup (yes, for breakfast!), heat a can of soup and add any of these nutrition-enhancers: frozen vegetables, canned beans, leftover cooked vegetables or cooked meat. Use a microwave-safe mug or a 12-ounce canning jar to make a microwave egg scrambler.

*(continued on back page)*

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## Easy Recipe: Grilled Garden Veggie Pizza

### Ingredients

- 1 medium red onion, cut crosswise into 1/2-inch slices
- 1 large sweet red pepper, halved, stemmed and seeded
- 1 small zucchini, cut lengthwise into 1/2-inch slices
- 1 yellow summer squash, cut lengthwise into 1/2-inch slices
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 prebaked 12-inch thin whole wheat pizza crust
- 3 tablespoons jarred roasted minced garlic
- 2 cups shredded part-skim mozzarella cheese, divided
- 1/3 cup torn fresh basil

### Directions

Brush vegetables with oil; sprinkle with salt and pepper. Grill, covered, over medium heat until tender, 4-5 minutes per side for onion and pepper, 3-4 minutes per side for zucchini and squash.

Separate onion into rings; cut pepper into strips. Spread pizza crust with garlic; sprinkle with 1 cup cheese. Top with grilled vegetables, then remaining cheese.

Grill pizza, covered, over medium heat until bottom is golden brown and cheese is melted, 5-7 minutes.

Top with basil.

Serves 6.

### Nutrition Facts

1 slice: 324 calories, 15g fat (6g saturated fat), 24mg cholesterol, 704mg sodium, 30g carbohydrate (5g sugars, 5g fiber), 16g protein. Diabetic Exchanges: 2 starch, 2 medium-fat meat, 1 fat.

*(source: tasteofhome.com)*

## Bump Up Breakfast (continued)

Mist the inside of the mug with cooking spray, add two eggs and whisk with 2 tablespoons milk or water. Stir in 3 tablespoons of chopped vegetables such as mushrooms or spinach, then microwave on high for 30 seconds. Stir and microwave 70 to 80 seconds more, or until eggs are firm.

For more nutrition tips and recipes, including back issues of the OFA Nutrition News, visit

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## Dutchess County Office for the Aging

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