



## EPISODE 8: Breakfast Favorites

### Ultimate Turkey Bacon Pita

½ whole wheat pita	2 tsp low fat sharp cheddar cheese (grated)
2 large eggs, whites only	1 tsp salsa
1 tsp butter	1 tsp low-fat sour cream
1 slice of turkey bacon (cooked)	

#### Directions:

*Whisk eggs in medium-sized bowl until smooth. Add butter to pan over medium-high heat. Olive oil can be substituted for butter. Pour eggs into pan stirring constantly to make sure all egg is cooked. When eggs are thoroughly cooked, add into pita pocket. Add cheese, turkey bacon, sour cream, and salsa.*

### Quick-Mix Hummus

1 can low-sodium garbanzo beans	1 tbsp olive oil
2 cloves garlic	1 tsp salt
1 cup Tahini	Parsley to taste
Juice of 1 lemon	

#### Directions:

*Place ingredients in food processor and blend until smooth. During the blending process, add more olive oil or water if the consistency is too thick.*

### Basic Omelet **\*\*Recipe is for one, for two simply double\*\***

2 eggs	¼ cup bell peppers (chopped)
Salt to taste	¼ cup onion (chopped)
Pepper to taste	<b>Optional:</b> Chicken strips, thinly sliced
¼ cup low-fat cheddar cheese	<b>Optional:</b> Jalapeno
1 tsp butter	

#### Directions:

*Whisk eggs in medium-sized bowl. Add pepper and salt. Melt butter in pan over medium-high heat. Add chopped onion, bell peppers, chicken strips, and jalapenos. When the chicken is cooked thoroughly add eggs to pan. Scrape edges of pan pulling the cooked egg toward the center of the pan while tilting the pan so the egg cooks evenly. Use a spatula flip omelet over. After eggs are firm, add cheese and serve.*