

A Better Breakfast Starts With Vegetables

(NAPSA)—Here's a delicious idea: Enjoy vegetables for breakfast. Eating a balanced breakfast with lean protein, healthy carbs and a small dose of healthy fat can be a great way to start the day. Vegetables such as onions help you increase your intake of dietary fiber and other important nutrients with layers of flavor. Use these easy ideas to start your day with a nutritional boost.

- Add chopped onions, tomatoes and either spinach or kale to omelets.

- Combine hash browns or other breakfast potatoes with cooked vegetables and tofu.

- Sauté mushrooms, onions and bell peppers and add to scrambled eggs.

- Use up last night's leftover salad and top with a poached egg.

- Spread a thin layer of onion-flavored cream cheese on lightly toasted whole-grain bread. Add sliced tomatoes and sweet onions, avocado and fresh, baby spinach leaves.

- Try this tasty onion quiche from the National Onion Association. A lighter version of the classic, this dish is easy to prep ahead and reheat in the morning to take to work or school.

SWEET 'N' SAVORY ONION QUICHE

Makes 6 to 8 servings

5 cups yellow onion, thinly sliced
1 tablespoon olive oil
½ cup Canadian bacon, diced
1 cup nonfat Swiss cheese, grated
1 tablespoon sugar
1 tablespoon flour
1 teaspoon salt
¼ teaspoon cayenne pepper
½ teaspoon black pepper
¼ teaspoon nutmeg



A savory breakfast quiche featuring flavorful onions can be an easy way to start the day.

2 eggs, 1 egg white, slightly beaten
¼ cup 2% milk
1 9-inch pie shell, unbaked
Rosemary and sautéed red onion for garnish

Directions: Preheat oven to 425 degrees. Sauté onions in olive oil until tender and translucent. Add Canadian bacon and grated cheese. In a separate bowl, combine sugar and flour with seasonings. Add slightly beaten eggs and milk to flour mixture. Put sautéed onion, ham and cheese in a pie shell; pour milk and egg mixture over onions. Bake for 35 minutes or until custard sets and top is golden brown. Serve warm.

- Wrap up a morning's nutrition with a breakfast burrito: Fill a whole wheat or sprouted wheat tortilla with sautéed onions, scrambled eggs, tomatoes and

cilantro. Top with plain yogurt and a fresh salsa like this one:

ONION-PEACH SALSA

Makes 6 servings

½ cup chopped yellow onion
2 cups chopped fresh ripe or thawed frozen peaches, drained
3 tablespoons chopped cilantro leaves
2 tablespoons chopped jalapeño pepper
Salt
Fresh lime juice

Combine ingredients in medium bowl, adding salt and lime juice to taste; cover and refrigerate until ready to serve. Makes 6 servings.

Tip: Yellow onions are the best, all-purpose choice for both raw and cooked dishes. For more great tips and recipes using onions, visit www.onions-usa.org/recipes.