

The Sunnier Side Of Breakfast

(NAPSA)—It's been said that breakfast is the most important meal of the day. In addition to providing the necessary energy to get up and go, studies have shown that those who eat a healthy breakfast have better overall diets, improved concentration and performance during the day, and more strength and endurance for physical activity. Unfortunately, the traditional hot breakfast—eggs, meat and potatoes—can add fat and calories to your plate. But there's good news for breakfast lovers who've resolved to eat better this year: With a few simple substitutions, you can still enjoy a hearty, satisfying morning meal without some of the guilt.

Here are a few tips for remaking the traditional breakfast:

- If your morning beverage of choice is coffee with cream and sugar, try using skim milk and a sugar substitute instead.

- A side of fresh fruit can be an easy way to increase your daily intake of fruits and vegetables—and add a smidgen of something sweet to your plate.

- Toss a few vegetables into your eggs for added fiber and flavor.

- Substitute your breakfast meat with the new Morningstar Farms Maple Flavored Veggie Sausage Patties. These maple-flavored veggie sausage patties are a sweet-and-savory alternative to traditional precooked pork sausage, with 76 percent less fat. You can enjoy them alongside a serving of eggs or crumbled into any recipe that calls for maple-flavored sausage. In fact, they're the main ingredient in this Easy Brunch Focaccia recipe—a delicious “breakfast pizza” that will have everyone around the table saying, “That's amore!”

Easy Brunch Focaccia

Prep Time: 20 minutes

Time to Table: 35 minutes

Ingredients

4 Morningstar Farms Maple Flavored Veggie Sausage Patties, thawed



The secret to the sweet-and-savory flavor in this Easy Brunch Focaccia is maple-flavored veggie sausage patties.

- 1 tube (13.8 oz.) refrigerated pizza dough**
- $\frac{3}{4}$ cup finely chopped onion**
- 2 teaspoons vegetable oil**
- 1 teaspoon dried sage leaves**
- $\frac{1}{4}$ teaspoon pepper**
- 1 cup finely chopped fresh pineapple or 1 can (8 oz.) pineapple tidbits (juice pack), drained**
- 1 cup (4 oz.) shredded mozzarella cheese or Cheddar cheese**

Directions

Cut the Morningstar Farms Maple Flavored Veggie Sausage Patties into bite-size pieces. Set aside. Unroll dough onto baking sheet coated with nonstick cooking spray. Press dough into 14 x 10-inch rectangle.

In small nonstick skillet, cook onion in oil over medium heat for 3 to 5 minutes or until tender and beginning to brown, stirring occasionally. Stir in sage and pepper. Spread over dough. Arrange veggie patty pieces and pineapple on top of onion mixture. Bake at 425° F for 8 to 10 minutes or until edges are brown.

Sprinkle with cheese. Bake at 425° F for 5 to 6 minutes more or until cheese melts and crust is golden brown. Cut into rectangles to serve. Serve warm.

Yield: 6 servings

For more quick recipes and fun food ideas, visit www.SeeVeggiesDifferently.com.