

## Check out our Food Shuttle Resources

Visit our Food Shuttle website for more information about ending hunger in the local area: <http://foodshuttle.org/>

### Other Open Mobile Markets

Location	Day	Time	Contact #
<b>Zebulon Boys and Girls Club</b> 1320 Shepard School Road, Zebulon	3rd Sat	10:00am - 11:00am	(919) 492-0783
<b>Duke Memorial UMC</b> 504 West Chapel Hill St, Durham	3rd Sat	10:30am - 12:30pm	(919) 536-4201
<b>Edgecombe County Mobile Market</b> 700 East Northern Blvd, Tarboro	4th Wed	11:00am-12:00pm	(252) 567-1746
<b>Episcopal Farmer Worker Ministry</b> 2989 Easy Street, Dunn	1st Sat	10:00am-11:00am	(919) 519-4021
<b>Iglesia Episcopal El Buen Pastor</b> 1852 Liberty St, Durham	1st Sat	10:00am - 11:30am	(919) 682-3301
<b>Lincoln Heights Community</b> 605 Bridge St, Fuquay-Varina	1st Tues	5:00pm - 6:00pm	(919) 236-9715
<b>Martin Street Baptist Church</b> 1001 East Martin St, Raleigh	2nd Sat	10:00am - 11:00am	(919) 833-9756
<b>Praise Temple Multi-Cultural</b> 1426 Wake Forest Rd, Raleigh	4th Sat	10:00am - 11:00am	(919) 833-8513
<b>Temple Baptist Church</b> 1250 S Pollock St, Selma	2nd Thurs	2:00pm - 3:00pm	(919) 604-8983
<b>Wake Forest Baptist Church</b> 107 E. South Ave, Wake Forest	3rd Tues	4:30pm - 6:15pm	(919) 931-0473

References:

Components of a great Breakfast: Eat Right website: <http://www.eatright.org/resource/food/planning-and-prep/snack-and-meal-ideas/make-time-for-breakfast> and <http://www.eatright.org/resource/food/planning-and-prep/snack-and-meal-ideas/4-tips-for-better-breakfasts>

Nutrition Data: compiled on <http://nutritiondata.self.com/>



## September Food Matters

### Breakfast Basics

**Make time to fuel your day**

Breakfast is the most important meal of the day. Having a plan can ensure you have a healthy start to your day all week long. Stock up on fresh fruit, whole grain cereals, yogurt and eggs to ensure you have healthy options available all week long.

#### If you like:

##### Eggs

Boil eggs ahead of time or try our frittata (see recipe inside)



##### Cereal

Pick one with at least 3g fiber and 5g protein per serving (before milk)



##### Not a breakfast person?

Grab something small like a handful of nuts or a piece of fruit to munch on



### Components of a Great Breakfast

#### Whole Grains

Carbohydrates in the form of **whole grains** energize your body and brain for a busy day. Whole grains are better than refined grains because they have more protein, fiber and other nutrients.

#### TRY:

Oatmeal, Bran Flakes, Brown Rice, Whole Grain Breads

#### Protein

This is the missing link in most morning meals. Protein is what we need to go strong until lunch. Strive to get as much **lean protein** as you can at breakfast to keep you full until lunchtime.

#### TRY:

Eggs, Sliced Deli Meat, Yogurt, Cheese

#### Fruit (and veggies)

Fruits and Vegetables provide great nutrition and are the perfect breakfast item. Fresh fruit is tasty AND also **hydrating** because most fruits and vegetables contain a lot of water.

#### TRY:

Bananas, Apples, Oranges, Avocados



# Breakfast Frittata with Veggies



## Directions for using this recipe template:

1. Read entire recipe template before beginning
2. Pick one option from each box in the amount listed in **bold** at the top of the box
3. Follow recipe directions in the bottom left-hand corner to prepare your meal
4. See chef's notes for additional tips. Try as many combinations as you like to find your favorite!

### Eggs

**10 Whole**

Carefully remove shells

### Dairy

**2/3 cup**

(pick one)

Low-fat or fat free:

- cottage cheese
- shredded cheese of your choice

### Vegetables

**1 cup**

(pick 3 or more)

Chopped, boiled

- onion
- bell pepper
- mushrooms
- spinach
- sweet potato
- tomatoes
- turnips
- broccoli

### Optional Extras

**(optional)**

- 1 tsp salt
- 1/2 tsp pepper
- chopped fresh herbs
- 1/2 cup ground, cooked turkey sausage
- 1/2 cup chopped canadian bacon
- (see chef's notes)

## Materials Needed:



Oven range



Large pot



Baking dish



Cutting board and sharp knife

## Recipe Directions (serves 8, serving size= 1 slice)

1. Preheat oven to 350 degrees
2. Bring a large pot of water to a boil and add chopped seasonal veggies– allow to simmer briefly: 1-2 minutes, then strain through a colander and set aside.
3. In a large bowl, whisk eggs with a fork until well blended. Whisk in herbs, salt and pepper and set aside.
4. Lightly grease a large (9x13– or similar) baking dish with 1 tsp butter or oil.
5. Layer your ingredients into the baking dish as follows: vegetables, eggs, cheese.
6. Bake until eggs are firm– about 35 minutes– cool slightly, cut into 8 portions and serve or freeze individual portions for future meals (up to 1 month)

## Nutrition Information: per 1 slice (does not include ground meat or beans)

132 Calories, 8g Fat, 280mg Sodium, 3g Carbs, 2g Fiber, 1g Sugar, 11g Protein

### Chef's Notes

- If you want to add additional protein and keep the recipe vegetarian, you may use 1 cup cooked lentils as an optional extra add-in
- Experiment with dried or fresh spices and herbs to create a unique flavor.
- You may also prepare this dish in a 12 cup muffin tin for easy grab and go portions.