

NUTRITION NEWS & NOTES

Breakfast Is More Important Now Than Ever

(NAPSA)—According to the American Dietetic Association, breakfast is the most important meal of the day, nourishing and preparing us for the active day ahead. But crunched for time, many skip or skimp on this necessary meal.

Balancing school, work, family, and social and extracurricular activities is no easy task. However, lack of time in the morning should not prevent you from properly nourishing your body for the busy day ahead.

Fortunately, new convenience-inspired breakfast foods make it easier than ever to enjoy a weekend-style breakfast any day of the week.

A favorite breakfast option of ours is Oscar Mayer *Ready to Serve* Meats, which include Bacon, Canadian-Style Bacon and Pork Sausage Patties. Each of these products is ready to eat in less than one minute and tastes great on its own or in your favorite recipes. Plus, the convenient packaging makes them perfect for the teen at home alone or the busy adult who is constantly on the run. Simply throw your *Ready to Serve* Meat of choice in the microwave and it's ready to go, with no mess to clean up.

Below are two mouthwatering, start-the-morning-off-right recipes using new varieties of Oscar Mayer *Ready to Serve* Meats. They are a cinch to prepare, making weekday breakfasts quick, easy and tasty!



Ready-to-serve breakfast foods allow this busy family to start the morning off right with a healthy and hearty meal.

**“Eggs-tremely” Good
Canadian Bacon Scramble**
Prep: 5 min.; Cook: 9 min.;
Total: 14 min.

¾ cup sliced fresh mushrooms
2 Tbsp. chopped onion
4 eggs
¼ cup milk
6 slices Oscar Mayer® Ready to Serve Canadian-Style Bacon, cut into ¼ inch pieces
Black pepper (optional)
½ cup Kraft® Shredded Swiss Cheese
2 cups fresh baby spinach leaves
2 Tbsp. chopped tomato
Spray large skillet with cooking spray. Add mushrooms and onion; cook and stir on medium heat 5 min. or until vegetables are crisp-tender.

Beat eggs and milk with wire whisk until well blended. Add to vegetable mixture; stir until well blended. Cook 2 min. or until egg mixture begins to set but top is still moist, stir-

ring occasionally. Stir in Canadian-Style Bacon; continue cooking 2 min. or until egg mixture is set and no visible liquid remains, stirring occasionally. Season with pepper to taste; sprinkle with cheese.

Place ½ cup of the spinach on each of 4 salad plates; top evenly with the egg mixture. Sprinkle with tomato.

Makes 4 servings.

Simple Sausage Benedict
Prep: 5 min.; Cook: 7 min.;
Total: 12 min.

¼ cup Kraft® Mayo Light Mayonnaise
¼ cup plain nonfat yogurt
½ tsp. Kraft® Pure Prepared Mustard
½ tsp. Grey Poupon® Country Dijon Mustard
4 Oscar Mayer® Ready to Serve Sausage Patties
2 English muffins, split, toasted
4 poached eggs
1 small tomato, chopped
Mix mayo, yogurt and mustards in small microwaveable bowl. Microwave on HIGH 1 to 2 min. or just until warmed, stirring after each min.

Heat sausage patties as directed on package.

Cover each muffin half with sausage patty and egg. Top evenly with mayo mixture; sprinkle with tomatoes.

Makes 4 servings, 1 topped muffin half each.

Visit www.kraftfoods.com for more recipe ideas.