

Treat Yourself To A Healthy Breakfast

(NAPSA)—Eating a well-balanced breakfast is a great way to jump-start the day. It's also linked to good nutrition, increased metabolism and improved grades and behavior among children. The most important meal of the day should not be skipped or skimped. The good news is that a healthy breakfast is easy to achieve.

According to professionally trained chef Philip Jones, there's a misconception that a nutritious breakfast can't taste good. From turkey sausage and Canadian bacon to egg whites and whole grain breads, breakfast foods can have both appetite appeal and good nutrition.

"The sky is really the limit on the number of healthful options you can prepare for breakfast," said Jones, president of Jones Dairy Farm. "Items not typically thought of as breakfast foods such as pizza, burritos and sandwiches are all great options if you incorporate wholesome ingredients like low-fat proteins and fresh fruits and veggies. Use your imagination and you'll wake up looking forward to the most important meal of the day."

Jones also advises buying healthful ingredients your family actually enjoys eating. Items bought solely for health benefits will most likely sit unopened in your pantry or refrigerator. He offers the following simple recipe for individuals on the go.

Hearty Breakfast Pitas *Makes 2 servings*

- 8 Jones Dairy Farm All Natural Golden Brown Turkey Sausage Links
- 1½ tablespoons olive oil
- 2 tablespoons chopped onion



Here's eye-opening news: A delicious, nutritious breakfast can be easy to prepare.

- 2 tablespoons chopped red or green pepper
- 2 tablespoons chopped celery
- 4 eggs, slightly beaten
- ¼ teaspoon salt
- ¼ cup low-fat plain yogurt
- 2 pita breads, cut in half
- 1 tomato sliced thinly
- Shredded low-fat Monterey Jack cheese

Prepare sausage as directed on package, slice thinly, set aside. Sauté onion, peppers and celery in oil in large skillet on medium-high heat about 5 minutes or until tender. Stir in eggs, sausage and salt. Cook on medium heat, drawing cooked portion of eggs to center until all egg mixture is almost set. Stir in yogurt. Cook until egg mixture is completely set. Divide egg mixture evenly between pita halves. Add tomato and sprinkle on cheese.

For more breakfast ideas, visit www.jonesdairyfarm.com or call (800) 563-1004.