

# Banana Oat Breakfast Cookie



## Ingredients

- Nonstick cooking spray
- 1 large banana, mashed (1/2 cup)
- 1/2 cup chunky natural peanut butter (unsalted and unsweetened) or regular chunky peanut butter
- 1/2 cup honey
- 1 teaspoon vanilla
- 1 cup rolled oats
- 1/2 cup whole wheat flour
- 1/4 cup nonfat dry milk powder
- 2 teaspoons ground cinnamon
- 1/4 teaspoon baking soda
- 1 cup dried cranberries or raisins

## Directions

Preheat oven to 350 degrees F. Lightly coat two cookie sheets with cooking spray; set aside. In a large bowl, stir together banana, peanut butter, honey, and vanilla. In a small bowl, combine oats, flour, milk powder, cinnamon, and baking soda. Stir the oat mixture into the banana mixture until combined. Stir in dried cranberries.

Using a 1/4-cup measure, drop mounds of dough 3 inches apart on prepared baking sheets. With a thin metal or small plastic spatula dipped in water, flatten and spread each mound of dough to a 2 3/4-inch round, about 1/2-inch thick. Once baked, each cookie will be about 3-1/2 to 4 inches in diameter.

Bake, one sheet at a time, for 14 to 16 minutes or until browned. Transfer to wire racks to cool completely. Store in an airtight container or resealable plastic bag for up to 3 days or freeze for up to 2 months; thaw before serving.

# Breakfast Tortilla Wrap



## Ingredients

- 1 slice turkey bacon
- Nonstick cooking spray
- 2 tablespoons chopped green sweet pepper
- 1/8 teaspoon ground cumin
- 1/8 teaspoon crushed red pepper (optional)
- 1/4 cup refrigerated or frozen egg product, thawed, or 2 egg whites, slightly beaten
- 2 tablespoons chopped tomato
- 3 dashes bottled hot pepper sauce (optional)
- 1 8-inch whole wheat tortilla, warmed\*

## Directions

Prepare turkey bacon according to package directions; crumble and set aside. Coat a medium nonstick skillet with nonstick cooking spray. Heat skillet over medium heat; add sweet pepper, cumin, and, if desired, crushed red pepper. Cook and stir until tender, about 3 minutes. Add egg product; cook, without stirring, until mixture begins to set on the bottom and around edge. With a spatula or large spoon, lift and fold the partially cooked egg mixture so that the uncooked portion flows underneath. Continue cooking for 2 to 3 minutes or until egg mixture is cooked through but is still glossy and moist. Stir in tomato, bacon, and, if desired, hot pepper sauce. Spoon onto tortilla; roll up.

# Stuffed Peppers



## Ingredients

- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 2 teaspoons olive oil
- 2 14-ounce cans reduced-sodium chicken broth
- 1-1/2 cups brown rice
- 1/2 teaspoon dried oregano, crushed
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon salt
- 1/8 teaspoon paprika
- 1 14 1/2-ounce can diced tomatoes, drained
- 1 11-ounce can whole kernel corn with sweet peppers, drained
- 2 tablespoons snipped fresh cilantro
- 8 small green, yellow, and/or red sweet peppers

## Directions

In a large saucepan cook onion and garlic in hot oil over medium heat about 5 minutes or until onion is tender. Stir in broth. Bring to boiling; add uncooked rice, oregano, black pepper, salt, and paprika. Simmer, covered, about 40 minutes or until rice is tender. Remove from heat and stir in tomatoes, corn, and cilantro. Preheat oven to 400 degrees F. Slice tops from sweet peppers; remove and discard seeds. In a 3-quart rectangular baking dish, arrange peppers in a single layer. Spoon rice mixture into sweet peppers; place pepper tops onto rice. Bake, covered, about 30 minutes\* or until peppers are crisp-tender and rice mixture is heated through.

\*TEST KITCHEN TIP: For a more tender pepper, increase the baking time to 40 to 45 minutes.