

Sunday best....

Who doesn't love Sunday breakfast?

Some quick calorie fixes when you eat breakfast out....

1. Opt for a Belgium waffle instead of pancakes and you will save 400 calories!
2. Tomato juice has 2/3 fewer calories than orange juice. If you must have your daily orange share one glass with a friend and cut it with water or club soda
3. Are you having cheese in your omelet? American, provolone & Swiss cheeses have at least 70 calories less than cheddar cheese.

Try this stay at home recipe for Eggs Benedict for a special Sunday or any day you want to "get your breakfast ton!

P.S. It would make a great light dinner too!

Mushroom Spinach Eggs Benedict Makes 2 servings

235 calories, 15g protein, 23 g carbs, 10 g fat (3 g saturated) 6 g fiber

3TBSP reduced fat sour cream

2 tsp. fat free milk

1tsp. Dijon mustard

1 tsp. olive oil

1 ½ cups sliced button mushrooms

2 Tbsp. finely chopped shallots

Pinch of nutmeg

2 eggs

1 whole wheat English muffin, split

Pepper & fresh thyme (optional)

1. Mix together 1st. three ingredients set aside.
2. Heat the oil in a large skillet and cook mushrooms & shallots until golden brown. Stir in spinach & nutmeg until spinach just wilts. Set aside.
3. Poach the eggs to your preferred doneness & toast the muffin
4. Top each muffin halve with the spinach mixture and the egg. Sprinkle with thyme & pepper.
5. Enjoy!