



ACE HEALTHY COOKING tips

Recipes by Natalie Digate Muth, MD,
Registered Dietitian and ACE Health Coach,
and Mary Saph Tanaka, Pediatrician

STAYING ON TRACK

Eating healthy doesn't have to be time consuming. Take healthy treats on the go or enjoy them in the comfort of your home after only a few minutes of preparation. You've worked hard; now maintain it!



BAKED EGGS WITH SPINACH BREAKFAST BURRITOS

- Whole grain or whole wheat tortillas
- 6 eggs
- 1 cup frozen spinach
(defrosted with excess water squeezed out)
- ½ cup low-fat shredded cheese
- Olive oil

Preheat oven to 350°F. Crack eggs into a medium mixing bowl and beat gently. Add defrosted spinach, meat and cheese and mix well. Using 1 tablespoon of olive oil, grease an 8x8 square baking dish. Pour egg mixture into baking dish. Bake for about 30 minutes and remove.

Once cool, slice frittata into 6 rectangles. Take one tortilla and place frittata slice on one half of the tortilla. Fold three sides of the tortilla toward the frittata slice and roll over, forming a burrito. Repeat with remaining 5 pieces.

Burritos can be wrapped in plastic wrap and kept in the refrigerator or freezer. To serve, heat in microwave for 1 minute and go!

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VEGGIES WITH YOGURT AVOCADO DIP

- 3 ripe avocados
- ½ cup nonfat plain yogurt
- 1 garlic clove, chopped
- ¼ cup chopped onion
- Juice of 1 lime
- 1 teaspoon salt

Mash avocados well in a bowl with a fork. Add yogurt and stir. Add garlic, onion, cilantro, and salt, then top with lime juice. Stir until mixed well. Serve with a variety of vegetables, including peppers, carrots, celery or cucumber.

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BREAKFAST BANANA SPLITS

- 4 bananas
- 2 cups nonfat Greek Yogurt
- 2 cups fresh or frozen (defrosted) fruit
- 1 cup granola

Peel bananas, split lengthwise and place into a dish. Repeat with remaining bananas. Place ½ cup of yogurt on top of bananas, and then top with yogurt and ½ cup of fresh fruit. Sprinkle with ¼ cup of granola and serve.

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