

Slow Cooker Overnight Oatmeal

The "night- before" breakfast!

4 cups liquid (water, milk, some of each, maybe a little apple juice....)
 1 ½ cup steel cut oats (**NOT** rolled or old fashioned oatmeal)
 ¼ tsp. Salt

Optional seasonings:
 dried fruit
 chopped nuts
 spices such as cinnamon, nutmeg, allspice, cardamom, coriander...

Preparation the night before:

Grease the inside of your slow cooker.
 Add liquid, oats, salt and anything else that sounds good.
 Stir, cover and cook on low for 7-8 hours.
 Top with whatever you like: fresh fruit, butter, maple syrup, peanut butter, cream....
 Or go savory with some cheese, an egg, or avocado!

Delicious!

Breakfast - Beyond Cold Cereal

1. English Muffin Sandwiches: Toast a whole-grain English muffin. Top with ham & cheese, PB & J, or cream cheese & cinnamon.
2. Breakfast Tacos: Scramble and cook an egg. Serve with salsa and cheese in corn or whole wheat tortillas.
3. Breakfast Burritos: Meat and/or beans, cheese, & salsa in a tortilla.
4. Yogurt Parfait: Layer yogurt with fresh/ frozen fruit and granola.
5. Banana Dog: Spread a couple tablespoons of peanut or almond butter on a whole-wheat hot dog bun. Peel a banana, and place inside bun. Eat like a hot dog.
6. Leftover Pizza
7. Whole-grain Waffle: Spread with a nut butter and sprinkle with raisins or dried cranberries.
8. Trail Mix: Mix up some whole-grain breakfast cereal, nuts, and a favorite dried fruit (try diced apricot, pineapple or mango).
9. Quick omelet: Scramble eggs with your favorite combo of veggies (try spinach, mushrooms, diced tomatoes and/or bell peppers). Pop in the microwave until puffy; stir & cook until done.

Add a piece of fresh fruit and a glass of milk and you're good to go!

Mix-And-Match School Lunch Ideas

1. Vegetables

Salsa	Broccoli	Lettuce
Kale	Cauliflower	Spinach
Carrots	Cabbage	Parsnips
Celery	Kholrabi	Onions
Sprouts	Tomatoes	Squash
Cucumbers		
Snow Peas		
Snap Peas		

2. Protein

Beans	Meat	Greek Yogurt
Sardines	Nuts:	Seeds:
Egg	Almonds	Sunflower
Peanut Butter	Pecans	Pumpkin
Hummus	Cashews	Sesame
Tofu		
Edamame		
Trail Mix		

3. Whole Grains

Panini Bread	Quinoa
English Muffin	Pasta
Dry Cereal	Crackers
Muffins	Rice Cakes
Rice	
Pita Pockets	
Mini Bagels	
Wraps	
Tortillas	
Sliced Bread	
Rolls	

4. Fruits

Oranges	Grapes	Nectarines
Bananas	Strawberries	Dried Fruit
Pears	Mango	Blueberries
Applesauce	Peaches	Melons
Apples		

Eat-All-Week Roasted Veggies

Make a big batch of these on the weekend and enjoy them all week. They taste great hot, cold, or at room temperature, so they pack well for lunch.

Chop your choice of vegetables into bite-sized pieces. Preheat oven to 450 degrees. Put olive oil in a large baking pan. Add the longest cooking vegetables and stir to coat well. Sprinkle with salt, ground pepper, dried herbs, and seasonings of your choice. While they cook, chop the next longest cooking vegetables. Add when appropriate, plus more olive oil if needed. Chop the quickest cooking veggies and add for the last 10-15 minutes. Salt, pepper, and dress to taste. **Enjoy!**

30-40 minutes	20-30 minutes	10-15 minutes
Potatoes	Beets	Summer squash
Winter Squash	Mushrooms	Bell Peppers
Sweet Potato	Eggplant	Asparagus
Carrots	Tomatoes	Cauliflower
Parsnips	Onion	
Rutabaga	Garlic	
Turnips	Broccoli	
Brussel Sprouts		