



THE

BREAKFAST

COOKBOOK

NYPBeHealthy



FOREWORD

This cookbook that features delicious and nutritious recipes was created by chefs and physicians in collaboration with the registered dietitians of NewYork-Presbyterian's employee wellbeing program, *NYPBeHealthy*. These are the easy-to-follow recipes that our NYP Hudson Valley Chef Peter X. Kelly Teaching Kitchen team use in their cooking classes. An important part of NewYork-Presbyterian's mission as an academic medical center is to support the health and wellbeing of its staff as they care for patients and families. Additional recipes and cookbooks can be found [here](#).

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Mini Egg Frittatas

Serves 4-6

Ingredients

- ☐ 8 eggs, whole
- ☐ Salt and pepper to taste
- ☐ 1 Tbsp olive oil (or another plant-based oil)
- ☐ 1 onion, cut into 1/4 inch pieces (red or white, shallots or scallions work too)
- ☐ 1 cup chopped greens (spinach, swiss chard, kale etc.)
- ☐ 1/4 cup cheese (parmesan, goat cheese, feta etc., low fat preferable)
- ☐ 1 cup cherry tomatoes, halved (optional)



Directions

1. Preheat oven to 375°F. Prepare mini muffin tins by oiling lightly, or spraying. (Or normal sized ones if you don't have mini size).
2. In a large bowl, beat eggs with whisk, set aside.
3. In a non-stick skillet, heat oil over medium-high heat. Add onion, season with salt and pepper, and cook, stirring, until tender, 10 minutes.
4. Reduce heat and add chopped swiss chard. Cook until tender, 3 minutes.
5. Remove from heat. Cool slightly, and add to egg mixture.
6. Add feta, mix everything together, and pour into mini muffin tins.
7. Put one tomato half in each tin.
8. Bake for 15-20 minutes, or until egg mixture is set and lightly browned. Cool completely and store in an airtight container.

Notes: You can sauté any veggies in step 3 that you have on hand. For example, mushrooms, peppers, zucchini, eggplant, are all great choices. You can also sauté vegetables from the freezer, just make sure that their liquid evaporates and they brown a bit on the pan as that will give them flavor.

This dish will keep in the refrigerator 5-7 days.

Spiced Carrot Muffin

Makes 12 muffins

Ingredients

Dry

- 1 1/2 cups whole wheat pastry flour (or white whole wheat flour, spelt flour or all-purpose flour)
- 1 cup sugar (coconut sugar or brown sugar or stevia preferable)
- 1 1/2 tsp baking soda
- 1 1/2 tsp ground cinnamon
- 1/2 tsp ground nutmeg (optional)
- 1/4 tsp ground ginger (optional)
- 1/4 tsp ground cardamom (optional)



Wet

- 1/2 tsp salt
- 1/2 cup apple sauce (unsweetened preferable)
- 2 eggs
- 3/4 cup grapeseed or canola oil
- 1 tsp vanilla extract
- 1 cup grated carrots
- 1/2 cup walnuts, chopped and lightly toasted (unsalted preferable)

Directions

1. Preheat oven to 350°F. Oil the muffin tins.
2. In a large bowl combine dry ingredients, whisking together to combine.
3. In a separate bowl, combine wet ingredients, whisking together to combine.
4. Mix wet and dry together, and pour into muffin tins.
5. Bake 18-25 minutes, until springy to the touch.
6. Cool, and remove from muffin tins.

These will keep on the counter for 5-7 days, or in the freezer up to 3 months.

Banana Nut Muffins

Serves 2

Ingredients

4 to 5 medium bananas, sliced; about 3 1/2 cups sliced bananas (you can also use bananas that have been frozen. To freeze bananas: peel them first, place in a zip-lock in the freezer).

1/2 cup (8 Tbsp) butter (reduced fat preferable)

1/2 cup brown sugar, light or dark, firmly packed (coconut or stevia sugar works too)

1 teaspoon vanilla extract

3/4 teaspoon baking soda

3/4 teaspoon salt

1/4 cup honey

2 large eggs

2 cups white whole wheat flour

1/2 cup chopped walnuts, (unsalted preferable) optional;
toasted if desired



Directions

1. Preheat your oven to 325°F. Lightly grease a mini muffin tin.
2. Mash the bananas with a potato masher or fork; or purée them in a blender or food processor.
3. In a large bowl, beat together the butter and sugar until smooth. Add the vanilla, baking soda, salt, and bananas, beating until well combined. Beat in the honey and eggs.
4. Add the flour, then the walnuts, stirring until smooth.
5. Spoon the batter into the prepared pan, smoothing the top. Let it rest at room temperature for 10 minutes.
6. Bake the muffins for 10-12 minutes, then gently lay a piece of aluminum foil across the top, to prevent over-browning.
7. Allow the muffins to cool for 10 minutes; then remove it from the pan, and set it on a rack to cool completely. Store at room temperature, well wrapped in plastic, for several days; freeze for longer storage.

These will keep in the out on the counter for 3-5 days, or in the freezer up to 3 months.

Vegetable Frittata

Yield 6-8 Servings

Ingredients

- 1 sweet onion, thin sauté slices (any onion will work)
- 1 red bell pepper, small dice
- 1/2 cup mushrooms, thinly sliced
- 1/2 cup baby spinach or other greens (chard, kale, mustard greens)
- 3 Tbsp butter (or an oil; olive oil preferable)
- 1 dozen eggs
- 1 tsp red pepper flakes
- 3 Tbsp nutritional yeast or parmesan (or another low-fat cheese preferable)
- Salt and pepper to taste



Directions

*Pre-heat oven to 375°F

1. In a large, non-stick (oven-proof) pan, melt 2 tbsp of butter and sautéed the mushrooms, pepper and onion until softened. Add greens until wilted and then add other tbsp of butter to melt in, turn off heat. Season vegetables with salt and pepper.
2. Whisk eggs together with a sprinkle of salt, pepper and 1 tbsp nutritional yeast.
3. Add egg mixture to the pan with the vegetables, using a spatula to move vegetables gently around and evenly distribute the eggs.
4. Sprinkle the top with rest of nutritional yeast.
5. Bake 15-20 min or until the top is firm to the touch.
6. Let cool for at least 10-15 min before eating.

This dish will keep in the refrigerator 5-7 days.

Simple Cottage Cheese & Spinach Bake

Serves 6

Ingredients

- ☐ 2 bunches spinach, stems removed (about 6 cups)
or swiss chard or kale
- ☐ 5 eggs, beaten
- ☐ 1/2 cup chopped parsley
- ☐ 1 tsp dried dill (optional)
- ☐ 1 tsp ground coriander
- ☐ 2 cups cottage cheese (low fat preferable)
- ☐ Salt and pepper to taste



Directions

1. Preheat the oven to 350°F and grease an 8x10 dish.
2. Cook the spinach until wilted in a skillet. Remove from skillet, let cool, and squeeze out the liquid but save it. Chop finely.
3. Beat the eggs, herbs, spices, cottage cheese, salt and pepper.
4. Stir in the chopped spinach and if it's too dry, add the reserved spinach liquid.
5. Pour into prepared dish and bake until set, about 45 minutes.
6. Let cool and serve.

This dish will keep in the refrigerator 5-7 days.

Savory Greek Oatmeal

Serves 4

Ingredients

- ☐ ½ cup rolled oats
- ☐ Salt and pepper (to taste)
- ☐ 1 Tbsp extra-virgin olive oil (or another plant-based oil)
- ☐ 1 small clove garlic, finely diced
- ☐ Pinch of crushed red pepper
- ☐ 1 cup spinach leaves, about one large handful washed and drained 1/3 cup sundried tomatoes, chopped
- ☐ ¼ cup feta cheese, crumbled (low fat preferable)
- ☐ ¼ cup parsley, chopped
- ☐ ¼ cup Kalamata olives, pitted and chopped (low sodium preferable)



Directions

1. Make the oatmeal: In a small saucepan, bring 1 cup water to a boil, then add the oats and a pinch of salt. Reduce to a low simmer, cover, and cook for 20 minutes. Stir occasionally. Turn off the heat, cover the pot, and let steam for an additional 10 minutes.
2. Meanwhile, prepare the greens: Heat about 1 tablespoon of olive oil in a medium skillet over medium-high heat. Once the oil begins to shimmer, add the garlic and crushed red pepper. (The garlic should just sizzle but not brown.) Then add the greens, salt to taste, and briefly wilt for around one minute (but no longer than two); turn with tongs to evenly cook.
3. Place the oatmeal in the bowl, surround with greens and pan juices, and garnish with sundried tomatoes, feta cheese parsley and olives. Sprinkle with a little salt and a drizzle of olive oil if desired.

Optional: Serve with a poached egg.

This dish will keep in the refrigerator 5-7 days.

Zucchini, Tomato, Herb & Leek Frittata

Serves 6-8

Ingredients

- 2 leek, chopped and cleaned
- 2 medium zucchinis, quarter-moon slices
- 2 plum tomatoes, sliced thin (or 2 cups cherry tomatoes, sliced in half)
- ¼ cup parsley, chopped
- 2 Tbsp dill, chopped
- 8 whole eggs
- 4 egg whites
- 1/3 cup feta cheese (or another cheese of your choosing, low fat preferable)
- Salt and pepper, (to taste)



Directions

1. Preheat oven to 375°F.
2. In a large cast iron skillet, or sauté pan that can go into the oven, heat olive oil over medium/high heat.
3. Add leeks and sauté until softened about 5 minutes. Add zucchini and sauté another 5 minutes.
4. Add tomato to the pan and when they just start to breakdown, turn off heat.
5. In a separate bowl, beat eggs. Mix in herbs, cheese, salt and pepper.
6. Add egg mixture to veggies and stir to combine evenly.
7. Bake in oven until eggs have set all the way through, about 20-25 minutes.
8. Let cool for 5 minutes then slice and enjoy!

This dish will keep in the refrigerator 5-7 days.

Very Berry Baked Oatmeal

Serves 6-8

Ingredients

- 1 tsp butter or plant based oil (low fat version preferable)
- 2 cups rolled oats
- 1/2 cup toasted and chopped nuts (walnuts, almonds, pecans are good options).
- 1/2 cup flax and/or chia seeds
- 1/4 cup maple syrup
- 1 tsp baking powder
- 3 tsp ground cinnamon
- 1/2 tsp salt
- 3 cups milk (preferably low fat milk, or if plant-based, use cashew milk).
- 1 egg
- 3 Tbsp grapeseed oil
- 2 tsp vanilla
- 2 ripe bananas, chopped (fresh or frozen)
- 1 cup strawberries, halved (fresh or frozen)



Directions

1. Preheat oven to 375°F.
2. Butter or oil 8 inch baking dish.
3. In a large bowl, mix dry ingredients: oats, walnuts, flax seeds, chia seeds, baking powder, cinnamon, and salt.
4. In a separate bowl, whisk wet ingredients: maple syrup, milk, egg, grapeseed oil, vanilla.
5. On the bottom of the baking dish, layer bananas. Sprinkle most of the berries over bananas, cover with the dry oat mixture. Pour milk mixture over oats. Tap baking dish on counter to get milk to move through oats.
6. Top with remaining berries and oats.
7. Bake for 35-40 minutes until top is golden and mixture has set. Let cool.

Optional: Serve drizzled with melted butter, and syrup.

This dish will keep in the refrigerator 5-7 days.

Overnight Perfect Steel-Cut Oats

Serves 4-6

Ingredients

1 cup steel cut oats

4 cups water

Toppings as desired: walnuts, ground flax seeds, blueberries, bananas, almonds, chia seeds, are all heart healthy options!

Directions

1. In a large pot bring 4 cups of water to a boil.
2. Add 1 cup steel cut oats, cover, and turn off heat.
3. Allow to sit 7-10 hours over night with the lid on, right on your stove top with no heat.
4. In the morning, add whatever toppings you want, and reheat, adding a splash of water or milk for desired consistency.



This dish will keep in the refrigerator 5-7 days.

Breakfast Patties

Serves 6-8

Ingredients

2 pounds ground chicken or turkey (lean preferable)

1 onion, diced

5 leaves sprig fresh sage chopped fine (or 1 Tbsp dried sage, or oregano).

1 Tbsp whole fennel seeds

2 tsp garlic powder

1 tsp onion powder

Salt to taste

Oil for cooking



Directions

1. Combine all ingredients in a large bowl. Form into small patties.
2. Heat a large skillet over medium heat and coat with olive oil. When oil is warm add patties. They should sizzle when they touch the pan.
3. Cook until browned (about 6-7 minutes) Flip and brown the other side until done. Check that they are not pink in the middle or anywhere.

This will keep in the refrigerator 5-7 days, or in the freezer up to 3 months.

Broccoli Frittata

Serves 6-8

Ingredients

- 2 cups broccoli, cut into bite sized pieces
- 2 Tbsp olive oil (or another plant-based oil)
- 8 eggs
- Salt to taste
- ¼ cup milk (low fat preferable)
- ⅓ cup shredded cheese (low fat preferable)
- ½ cup ricotta cheese (or cottage cheese) [low fat preferable]
- ¼ cup parmesan cheese, grated (low fat preferable)



Directions

1. Preheat oven to 400°F.
2. Toss broccoli in oil and spread on a sheet pan. Roast 30-40 minutes until browned and soft. Remove from oven and set aside.
3. Whisk together salt and eggs, add milk, shredded cheese.
4. Oil an 8-10 inch oven proof pan with olive oil.
5. Place cooked broccoli in the pan.
6. Pour the egg mixture over the broccoli, and top with dollops of ricotta cheese.
7. Top with dusting of parmesan cheese. Place in oven for 35- 40 minutes, or until brown and crispy on top and set in the middle.

Enjoy! Can keep in the refrigerator 5-7 days.

Greek Yogurt Deviled Eggs

Ingredients

- 12 hard cooked large eggs, peeled
- 2 Tbsp finely chopped spring onion
- ½ cup Greek yogurt plain (low-fat preferable)
- Salt to taste
- 1 Tbsp Dijon mustard
- 2 Tbsp reduced fat mayo
- 1 Tbsp finely chopped chives



Directions

1. Cut eggs in half lengthwise and pop yolks in food processor add salt, mayo and yogurt and whirl until smooth. Transfer to bowl and add mustard chives and onion. Scoop yolk mixture into piping bag fitted with a pastry tip and pipe into egg whites. Prickle on additional chives and paprika.
2. Caper paprika Variation: Add 2 Tbsp chopped capers, ½ tsp paprika and 2 Tbsp chopped parsley. Garnish with parsley and dusting of paprika.

This dish will keep in the refrigerator 5-7 days.

Spanish Tortilla

Serves 4-6

Ingredients

2 pounds white or yukon gold potatoes, peeled

Salt to taste

1 medium onion, chopped

3 Tbsp olive oil (or another plant-based oil)

8 eggs

⅓ cup freshly grated parmesan cheese

(low-fat preferable)

1 ½ Tbsp unsalted butter (reduced fat preferable)

Fresh ground black pepper



Directions

1. Place potatoes in a medium pot with cold water and season with salt. Bring water to boil then simmer for 20-25 mins, until fork tender. Drain and cut into slices and place in bowl.
2. Heat onion to 400°F. Warm medium pan with a tbsp of oil and sauté onions, season with salt and cook until lightly brown, about ten mins. Place onions into bowl of potatoes.
3. Lightly whisk eggs until smooth then add potatoes and onions and fold together. Season with salt and pepper.
4. Heat nonstick pan or cast iron and add oil and butter. When the butter foams, pour in egg mixture and pat down top. Sprinkle cheese on top and let eggs set around edges. Place pan into the oven and cook until middle is set, about 20 mins.
5. Remove from oven and let it cool on the stovetop. You can invert pan onto plate to allow tortilla to slip off.

This dish will keep in the refrigerator 5-7 days.

Pumpkin Muffins

Serves 12

Ingredients

- 3 cups rolled oats, blended to make oat flour
(or 3 cups oat flour if you have it)
- 1 Tbsp pumpkin pie spice
- 1 ½ tsp baking soda
- ½ tsp salt
- 2 eggs
- 1 cup milk (or non-dairy milk, like almond milk works too)
- 1 cup pumpkin puree (unsweetened preferable)
- ½ cup maple syrup
- 3 Tbsp melted coconut oil (or a neutral plant-based oil)
- 1 tsp vanilla extract
- 1 Tbsp molasses



Directions

1. Preheat oven to 375°F.
2. Mix oat flour, spices, baking soda, and salt in a bowl.
3. In a separate bowl, whisk eggs, almond milk, pumpkin puree, maple syrup, coconut oil, molasses, and vanilla extract.
4. Combine wet and dry ingredients.
5. Scoop into oiled muffin tins.
6. Bake for 15 minutes until toothpick inserted in the center of a muffin comes out clean.

These will keep on the counter for 5-7 days, or in the freezer up to 3 months.

Broccoli & Cottage Cheese Pancakes

Serves 6

Ingredients

- 1 1/2 cups broccoli florets, finely chopped
- 1 cup cottage cheese (low-fat preferable)
- 2 eggs
- 1/4 cup flour (any kind will work)
- 2 Tbsp chopped scallions (green parts only)
- 1/4 cup chopped dill
- 1 tsp baking powder
- Salt to taste
- 1/4 tsp freshly ground black pepper
- 1/4 cup olive oil (or another plant-based oil)
- Greek yogurt to serve (low-fat preferable)



Directions

1. In a bowl combine broccoli, cottage cheese, eggs, flour, scallions, dill, baking powder, salt and pepper.
2. Heat 1 Tbsp olive oil in a skillet over medium heat.
3. Make pancakes (about 1/4 cup per pancake). Fry until the edges are browned, 2-3 minutes per side, adding more oil to the skillet between batches.
4. Serve with Greek yogurt and garnished with dill.

This dish will keep in the refrigerator 5-7 days.