



MAR 2012

CELEBRATING AMERICA'S

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Low-Fat
Yogurt
Biscuits
(page 16)

The Breakfast Issue

BEST BRUNCH

Daffodil Cake

CHEESE FOR
ST. PAT'S DAY

Cereal Treats

THE **RELISH** RECIPE project

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This & That

MARCH 2012

From the Editor

Wonder Breads

Welcome to the breakfast issue. I've always said that breakfast is a "fiber opportunity." With so many high-fiber cereals and breads available, breakfast is the perfect meal to get at least 6 grams, if not more, of the **daily recommended 25 grams**. Unfortunately, my kids love spongy white bread and biscuits. So I fool them. I toast whole-wheat bread, spread it with butter and sprinkle it with sugar and cinnamon. This hides the color of the bread, and they get the benefit of whole grains.

Here's a good rule of thumb:

Choose bread with at least 3 grams of fiber per slice, and cereal with at least 5 grams of fiber per serving.

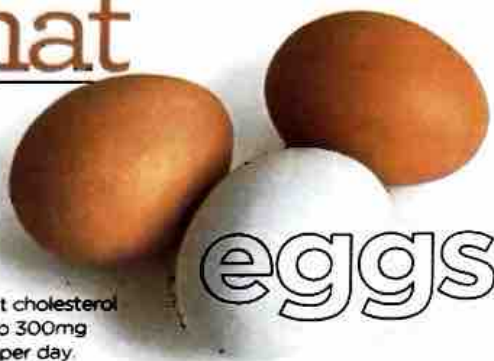
But fiber isn't the only consideration for breakfast—fat is too. That's why we love the cover biscuits (page 16) made with yogurt and filled with tasty alternatives to sausage. Never made biscuits before? **Check out our 1-minute video at relish.com.** —Jill Melton

Our cover biscuits are filled with:

- Eggs and Cheddar cheese
- Prosciutto and fig preserves
- Boursin cheese and roasted red pepper

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eggs

Limit cholesterol to 300mg per day.

Thanks to improved chicken feed, **eggs are now 14 percent lower in cholesterol** (185 mg compared to 215 mg) than they were before and now contain 41 IU of vitamin D, an increase of 64 percent. Fresh eggs, which have a firmer, thicker white, are better for poaching or frying, whereas older eggs are better for hard cooking as they're easier to peel.

Thinkstock

The Great Purple Cupcake Project

Eat a purple cupcake March 26 to support Epilepsy Awareness Day. From March 20-26, bakeries across the United States and worldwide will make **PURPLE CUPCAKES** in an effort to promote awareness of a condition that affects more than 3 million Americans and more than 50 million people worldwide.



For our coconut cupcake, go to relish.com/cupcake



Chorizo

(chor-EE-zoh)

You can find Chorizo, a Spanish sausage, both cooked (above) and raw. It's super flavorful and has a kick. We love it in the **frittata on page 8**.



Homemade almond butter at relish.com/almond butter

Tasty Freeze

You eat cold pizza for breakfast, so why not **frozen yogurt**? With nutrient-loaded blackberries and plenty of calcium, this is a great start for your day.

Recipe on page 12.

Tell us how you eat berries for breakfast at relish.com/facebook

