

Egg & Sausage Breakfast Bake



A HEALTHFUL DIET AND
OTHER SERVICES DESIGNED
TO HELP GET YOU BACK ON
YOUR FEET

At Mission Health Communities, we know that an important part of getting stronger is eating food that's healthy and delicious. That's why we're dedicated to serving a wide variety of tasty, chef-prepared meals and we also provide nutritional evaluations to ensure your dietary needs are being met. In addition we offer a full range of award-winning therapy services including physical, occupational, speech, and respiratory services.

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Egg & Sausage Breakfast Bake

Cook time: 60 minutes

SERVINGS PER RECIPE: 12

1 SERVING: Calories: 197 | **Fat:** 19g | **Protein:** 16g | **Sodium:** 320mg

Preheat oven to 370 degrees.

Spray baking dish with cooking spray. Thaw sausage and break it up. Mix all ingredients in a large bowl, reserving 1/2 cup of shredded cheese to spread over the top. Pour all ingredients into baking dish and spread the remaining cheese on top.

Bake for 60 minutes or until knife inserted into the center comes out clean.

NOTE: This can be made a day in advance of when you plan to serve. Pre-cooked turkey sausage is an easy way to add a punch of flavor. Try serving warmed salsa on the side, for those looking to add a little spice. Leftovers may be wrapped into individual serving portions, frozen, and then reheated later.



INGREDIENTS

- 12 Jimmy Dean turkey sausage links or patties
- 1/2 tsp. black pepper
- 1/2 cup chopped onion
- 2 cups shredded cheddar cheese
- 1 can evaporated milk
- 8 large eggs or substitute with 2 cups of egg beaters
- 24 oz frozen shredded potato hash browns (thawed)
- 1 small orange or red bell pepper (seeded and diced)



Peach Glazed Chicken Breast

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Peach Glazed Chicken Breast

Prep time: 10 minutes | **Cook time:** approximately 25 minutes

SERVINGS PER RECIPE: 4

1 SERVING: Calories: 220 | **Fat:** 13g | **Protein:** 30g | **Sodium:** 80mg

The combination of peach preserves, herbs, and spicy mustard gives the baked chicken breast a light and delicious flavor.

Heat the oven to 350 degrees. Lightly grease a 13" x 9" baking dish. Wash chicken and pat dry. Lay chicken between sheets of plastic wrap and pound gently to even out the thickness. Place the chicken in the prepared pan. Brush chicken with a little melted butter. Bake for 10 minutes.

Meanwhile, combine glaze ingredients in separate bowl: Dried thyme, peach preserves, spicy brown mustard, and balsamic or cider vinegar. Stir glaze ingredients to blend well. Coat chicken thoroughly with the glaze; bake for 10 to 15 minutes longer, or until golden brown. If your chicken breasts are quite thick, they might take a little longer to bake. Make sure the chicken is cooked to 170 degrees internal.



INGREDIENTS

- Pinch dried thyme
- 4 boneless chicken breast halves, without skin
- 1 tablespoon melted butter
- 2/3 cup peach preserves
- 1 tablespoon spicy brown mustard
- 1 teaspoon balsamic or cider vinegar

Add any of your favorite vegetables and a side dish to this heart healthy chicken to complete your dinner.

A close-up photograph of several green pears in a light-colored wooden bowl. The pears are fresh and have a natural sheen. The background is softly blurred, showing more pears. The text 'Pear Crisp' is overlaid in a white serif font on the lower left of the image.

Pear Crisp

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Pear Crisp

Prep time: 20 minutes | **Cook time:** 35 minutes | **Ready in:** 1 hour

SERVINGS PER RECIPE: 6

1 SERVING: **Calories:** 449kcal | **Fat:** 13.8g | **Protein:** 5.6g | **Sodium:** 97mg

Preheat the oven to 375 degrees F (190 degrees C). Grease a 2 quart casserole dish or 9 inch square baking dish.

In a medium bowl, stir together the oats, brown sugar, 1/2 cup flour, 1 teaspoon crystallized ginger, and cinnamon. Stir in the butter until the mixture is crumbly with pea sized lumps. Set aside.

In a separate bowl, stir together the white sugar, 2 tablespoons flour and 2 teaspoons of crystallized ginger. Add the sliced pears, and toss to blend. Transfer to the prepared baking dish. Spread with the oat topping. Bake for 30 to 35 minutes in the preheated oven, until pears are soft and topping is golden brown. Cool slightly before serving and add vanilla ice cream for a sweet topping.

Lastly, enjoy this delicious dessert with family and friends.



INGREDIENTS

- 1 cup rolled oats
 - 1/3 cup brown sugar
 - 1/2 cup all-purpose flour
 - 1 teaspoon finely chopped crystallized ginger
 - 1 teaspoon ground cinnamon
 - 1/4 cup butter
 - 2 tablespoons white sugar
 - 2 tablespoons all-purpose flour
 - 2 teaspoons finely chopped crystallized ginger
 - 8 cups peeled and sliced pears
- * 1 pint vanilla ice cream

Tuna Cranberry Salad

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Tuna Cranberry Salad

Prep time: 5 minutes | **Ready in:** 10 minutes

SERVINGS PER RECIPE: 2

1 SERVING: **Calories:** 140 | **Fat:** 8g | **Protein:** 32g | **Sodium:** 215mg

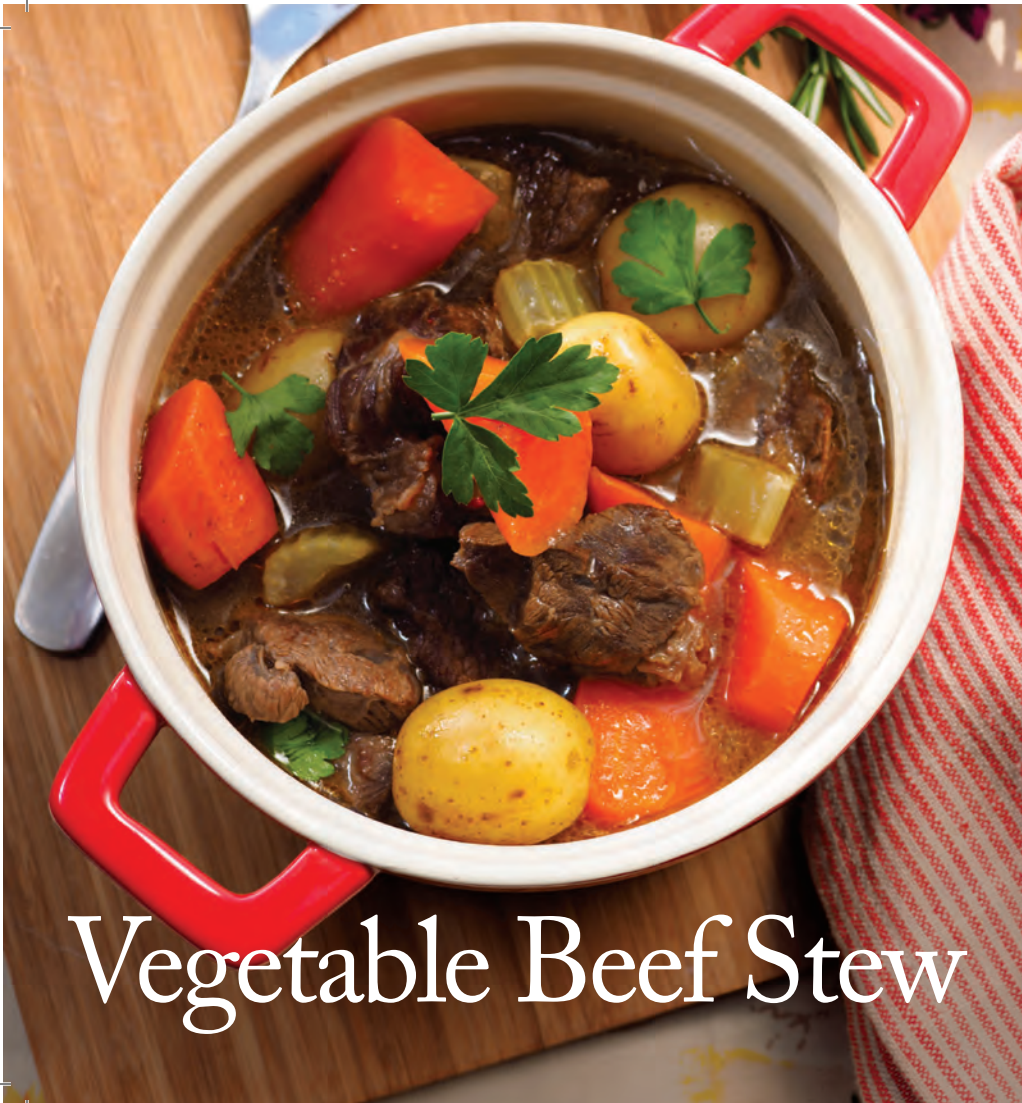
Tuna is simply healthy food high in protein and low in calories. Adding cranberry to the mix improves the nutritional value of the tuna and offers variety in the taste. Whether you choose to serve this over spinach leaves or on whole wheat bread, you will find it to be an intriguing choice.

Mix tuna, cranberries, apple, mayonnaise, and green onion together in a bowl; chill in refrigerator. Put 2 cups spinach on each of two plates and top the spinach with half the tuna salad or place whole wheat bread on each plate, add lettuce or spinach and pile on the tuna for an open face sandwich! Top your sandwich with a couple tablespoons of sour cream. It makes a simple tuna salad to another level and will quickly be your next favorite lunch.



INGREDIENTS

- 1 (6 ounce) can tuna in water, drained
- 1/3 cup dried cranberries
- 1/2 sweet apple, cut into 1/4-inch pieces
- 2 tablespoons light mayonnaise
- 1 green onion, finely chopped
- 4 cups chopped fresh spinach or 2 slices of whole wheat bread and lettuce leaves or spinach



Vegetable Beef Stew

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Vegetable Beef Stew

Prep time: 30 minutes | **Cook time:** approximately 1.5 hours

SERVINGS PER RECIPE: 6

1 SERVING: **Calories:** 254 | **Fat:** 14g | **Protein:** 32g | **Sodium:** 218mg

This is a meal in a bowl, not only tasty and satisfying, but also full of vitamins. You can prepare this savory soup on a weekend if you wish and quickly heat up after a busy day. The flavors meld well together during refrigeration and when reheated.

When paired with a fresh garden salad and perhaps a warm whole grain roll, you have an unbeatable combination.

Saute meat in oil in a large pot. Add to meat and continue to sauté chopped celery, onion, carrots, and potatoes for 4 minutes. Add broth, water, and tomatoes to the pot. Bring to a boil. Reduce heat and simmer uncovered until beef is tender (Approximately 1 hour.) Add peas and simmer another 30 minutes.



INGREDIENTS

- 1 lb beef trimmed stew meat cut into ½ inch pieces
- 1 tablespoons of olive or cooking oil
- 1 onion (chopped)
- 2 cups celery cut into bite-size pieces
- 2 cups carrots cut into bite size pieces
- 2 cups potatoes cut into bite size pieces
- 1 cup frozen corn
- 1 14 oz. can diced tomatoes (salt free)
- 4 cups beef broth and 2 cups of water
- 2 bay leaves
- 1 cup frozen peas