



## Avocado Breakfast Bruschetta

Makes: 4 Servings

### Ingredients:

- ◆ 1 ripe avocado
- ◆ 2 medium tomatoes
- ◆ 1 green onion
- ◆ 1/2 cup chopped fresh basil
- ◆ 4 eggs (hard-boiled)
- ◆ 1/4 cup ricotta cheese
- ◆ Black pepper to taste

### Directions:

1. Dice avocado, tomatoes and green onions.
2. Peel and chop hard-boiled eggs.
3. Reserving 2 tbsp. basil for garnish, gently toss first five ingredients in a small bowl. Add pepper to taste.
4. Toast baguette slices and smear with ricotta cheese.
5. Top with avocado mix and garnish with chopped basil.

Source: [What's Cooking? USDA Mixing Bowl!](#)

## Back to School



**The start of the new school year is just around the corner! Help children succeed in school by keeping them well nourished through out the day. Here are a few tips to help your kids have a healthy and successful school year.**

**Start with breakfast.** Starting the day off with breakfast is important for kids to be able think and learn. Something as simple as a piece of 100% whole wheat toast and glass of low fat milk, cereal and fruit, or a hard boiled egg and juice, will fuel those little scholars.

**Keep snacks healthy.** Snacking between meals is important for children, especially younger ages. Giving kids something healthy such as apples and peanut butter, whole grain crackers and cheese, or carrot sticks, will give them energy to think, learn and play until lunch time arrives.

**Make lunches fun.** Keep kids interested by making lunches fun and healthy. Try cutting sandwiches into shapes, use leftover meats in sandwich, build your own taco, or add a new fruit or vegetable.

**Avoid sugary drinks.** It is important for kids to stay hydrated, especially while it is still hot during the beginning of the school year. Offer water instead of sugary drinks like soda or punch at lunch or low fat milk at breakfast.

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## Bruscheta de aguacate para el desayuno

Rinde: 4 porciones

### Ingredientes:

- Un aguacate maduro
- 2 tomates medianos
- 1 cebolla de rabo
- ½ taza de albahaca fresca
- ¼ de queso ricota
- Pimienta negra al gusto

### Preparación:

1. Corte el aguacate, tomates y cebolla en cuadritos.
2. Pele y pique el huevo cocido.
3. Guarde dos cucharadas de albahaca para adornar y vierta y mezcle los primeros cinco ingredientes en un tazón pequeño. Agregue la pimienta al gusto.
4. Tueste las rebanadas de pan baguete y unte el queso ricota.
5. Agregue la mezcla de aguacate y decore con la albahaca.

Fuente: [What's Cooking? USDA Mixing Bowl](#)

## De regreso a clases



¡El inicio de un nuevo año escolar está a la vuelta de la esquina! Ayude a sus hijos a tener éxito en la escuela manteniéndolos bien alimentados todo el día. Aquí le ofrecemos varios *tips* para ayudarles a sus hijos a tener un año escolar saludable y exitoso.

**Empiece por el desayuno.** Es importante que los niños inicien el día comiendo desayuno; eso les permite pensar y aprender. Algo tan sencillo como un pan tostado 100 por ciento trigos integrales y un vaso de leche baja en grasa, cereal y fruta, o un huevo cocido y jugo, les llenarán de energía a esos pequeños estudiantes.

**Deles bocadillos saludables.** Comer bocadillos entre comidas es importante para los niños, especialmente en edades más chicas. Proporcionar a los niños alimentos saludables como manzanas y mantequilla de cacahuete, galletas de grano integral y queso o palitos de zanahoria, estos darán la energía necesaria para poder pensar, aprender y jugar hasta la hora del almuerzo.

**Que los almuerzos sean divertidos.** Mantenga el interés de los niños haciendo de los almuerzos algo divertido y saludable. Pruebe cortando los sándwiches en figuras, use las sobras de carne en sándwiches, haga su propio taco o agregue una nueva fruta o verdura para que ellos la prueben.

**Evite las bebidas azucaradas.** Es importante que los niños se mantengan hidratados, especialmente mientras hace calor al inicio del año escolar. Ofrezca agua en lugar de bebidas azucaradas como gaseosas o ponche, durante el almuerzo o leche baja en grasa en el desayuno.

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