



# OPENING DAY BREAKFAST IDEAS

## OVERNIGHT STEEL-CUT OATMEAL WITH FRUITS AND NUTS

Time: Approximately 7 hours      Servings: 7 (3/4 cup)

### Ingredients:

- 2 apples, peeled, cored, cut into 1/2-inch pieces (2½ to 3 cups chopped)
  - 1½ cups fat-free milk
  - 1½ cups water
  - 1 cup uncooked steel-cut oats
  - 2 tablespoons brown sugar
  - 1½ tablespoons butter (cut into 5-6 pieces)
  - ½ teaspoon cinnamon
  - 1 tablespoon ground flax seed
  - ¼ teaspoon salt
- Optional garnishes: chopped nuts, raisins, maple syrup

### Directions:

Coat inside of 3½ quart slow cooker with cooking spray. Add all ingredients (except optional toppings) to slow cooker. Stir, cover and cook on low for approximately 7 hrs. Spoon oatmeal into bowls; add optional toppings. Leftovers can be stored in your refrigerator or freezer.

This recipe can be doubled in a 6-quart slow cooker to serve 14. Increase cooking time 1 hour.

### Per 3/4 cup serving:

149 calories; 3.6g fat; 27.3g carbs; 3.9g fiber; and 4.9g protein.

(Recipe from The Yummy Life)

## GREEN EGGS AND HAM BREAKFAST SANDWICH

Time: 10 minutes      Servings: 1

### Ingredients:

- 1 whole-wheat bagel, halved
- 1 slice low-sodium Swiss cheese
- 1 slice Canadian (or venison) bacon
- 1 tablespoon extra-virgin olive oil
- 1 large egg
- ½ cup baby spinach, coarsely chopped
- Pinch of freshly ground pepper

### Directions:

Toast bagel. Place cheese and bacon on the bottom half.

Heat oil in a small nonstick skillet over medium-high heat. Add egg, spinach and pepper and cook; stirring until set, about one minute. Place the egg mixture on the cheese and bacon. Top with remaining bagel half. Cut in half to serve, if desired.

Prepare this in assembly-line fashion and keep warm in the oven to feed any size hunting party.

### Per 3/4 cup serving:

454 calories; 18g fat; 50g carbs; 8g fiber; and 26g protein.

(Recipe from eatingwell.com)