



Virginia Cooperative Extension Family Nutrition Program

Shopping with Limited Options – Quick Tips

- Stock up on shelf-stable items when possible
- Have breakfast for dinner
- Try canned, frozen, and fresh varieties of your favorite foods
- Choose options that are low in sugars, sodium, and saturated fats
- Try different, low-cost and healthy recipes at eatsmartmovemoreva.org
- Get creative! Don't be afraid to mix things up:



Mix up your grains! Try brown rice, quinoa, or barley if you normally eat white rice and your store is out.



Try frozen fruits if your favorite canned options aren't available, or fresh fruits! You can freeze fresh fruits at home.



Roast or sauté vegetables your family has never had before, and add your favorite spices for extra flavor. Check out the frozen section for easy prep choices. Fresh vegetables are still widely available in many stores, and can be frozen for later use.



Try frozen and canned varieties of the fresh meats you may normally buy. Watch out for high-fat, breaded, and high sodium products. Mix things up by having eggs as your main protein for a meal!



Try canned evaporated milk, shelf-stable milks that are ultra-high temperature (UHT) pasteurized, or shelf-stable milks fortified with calcium if fresh milk is hard to come by.

Have breakfast for dinner one night with this delicious recipe!

Eat Smart • Move More

Quick and Yummy Omelets

Prep Time: 10 minutes

Total Time: 15 minutes



Ingredients

- 1 teaspoon canola oil, divided
- ½ cup filling, such as shredded cheese, onions, spinach, or other vegetables, chopped
- 2 eggs
- 2 tablespoons 1% milk
- ½ teaspoon salt
- ⅛ teaspoon ground black pepper

Nutrition Facts

2 servings per container	
Serving size	1 serving (91.77g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 230mg	10%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes g of Added Sugars	
Protein 7g	
Vitamin D 1mcg	6%
Calcium 55mg	4%
Iron 1mg	6%
Potassium 138mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

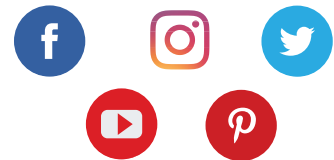
Directions

- Heat ½ teaspoon canola oil in a skillet over medium heat. Cook vegetables until tender. Remove from pan and set aside.
- Whisk eggs, milk, salt, and pepper in a bowl until blended.
- Heat remaining canola oil in skillet over medium-high heat. Pour in egg mixture. Gently push cooked portions from the edges toward the center with the spatula so uncooked eggs can reach the pan's hot surface. Continue cooking, tilting pan and gently moving cooked portions as needed.
- When the top surface of eggs has thickened and no visible liquid remains, place filling on half of the omelet. Fold omelet in half with spatula, covering the filling, and slide onto a plate.

Quick Tips

- ▶ Use your favorite vegetables to create your own omelet variation.
- ▶ Add a slice of whole-wheat toast on the side.
- ▶ Omelets are great for a quick dinner on busy nights.

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(Recipe adapted from: <https://www.ag.ndsu.edu/ramseycountyextension/news/extended-to-you/2013-extended-to-you/seven-steps-to-creating-an-omelet>)

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