

Broccoli Omelette

INGREDIENTS:

- 1 tbsp. vegetable oil
- 3 eggs
- Dash of salt and pepper
- 1/3 cup cooked broccoli, small pieces
- ½ cup cheddar cheese, shredded

DIRECTIONS:

Warm a frying pan on medium heat and add the oil. In a bowl, beat eggs, salt and pepper together, then add the mixture to the hot pan.

Turn the temperature to medium-low and cook the egg. Once the top side has set (looks mainly firm), add the cheese and broccoli to one-half of the top side of the omelette. Fold the egg in half, covering the cheese and broccoli. Cook for two to four more minutes, until cheese has melted.



*This recipe is recommended for 2-5 days after your surgery

French Toast

INGREDIENTS:

- 2 tbsp. vegetable oil
- 1 egg
- 1 ¼ cups milk
- 1 tsp. ground cinnamon
- Dash of salt
- 4 pieces of whole-wheat bread
- Maple syrup (optional)
- Jam (optional)



DIRECTIONS:

Place a frying pan on medium heat and add the oil. In a wide bowl, beat together the egg, milk, cinnamon and salt. Take a piece of bread and dip both sides into the egg mixture. Then, place it into the pan to cook, three to four minutes a side, or until golden brown. Repeat with all slices. Depending on the size of your pan, you should be able to cook multiple slices at the same time. Serve topped with maple syrup, jam or fresh fruit.

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Hot Oatmeal

INGREDIENTS:

- ½ cup small, quick-cooking oats
- 1 cup water
- ¼ cup raisins
- 2 tbsp. brown sugar
- 2 tbsp. milk

DIRECTIONS:

Place oats and water into a large microwavable bowl. Cook on high for 1 ½ to 2 ½ minutes, until oats are soft and cooked. Stir in raisins and top with brown sugar. Once the sugar has “melted,” finish with milk and serve.



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