Comfort Food Breakfasts With Fruits and Veggies

If you are looking for a breakfast that combines some of your favorite comfort foods, it is possible to create a delicious and satisfying breakfast, but also make it a little bit healthier in the process. The main way to do this is by adding as many fruits and vegetables as you can to your breakfast meal. Just about any breakfast can incorporate more healthy components, but here are a few ideas to get you started.

**Hash and Veggies**

The first type of comfort breakfast you can make that includes lots of veggies is hash. This starts with some potatoes in whatever form you want, though typically they are a ‘hash’ which means they are diced into small pieces and mixed in with veggies like onions and bell peppers. Go ahead and add in any other veggies you like, such as mushrooms, asparagus, and tomatoes. You will cook the veggies and potatoes together in a skillet, then pour the mixture on a plate. Fry up an egg and place it on top, then your breakfast is done.

**Oatmeal With Fruit**

For a simpler type of breakfast, you can make oatmeal. Many people look at oatmeal as being a comfort food, especially when they grew up eating it on cold days or whenever they were having a hard time. You can make it even healthier by adding plenty of fruit to the top. This will increase the overall amount of nutrition without adding too many extra calories. You can go with oatmeal that has sliced apples and sprinkled cinnamon, have strawberries and sliced almonds, or just throw on a mix of berries and banana slices.

**Breakfast Tacos**

For something a little heartier, you can put together breakfast tacos with all your favorite veggies. You will start with scrambled eggs with cheese, then heat up a taco-sized flour tortilla. Add in your eggs and top it with all your favorite veggies for a taco. Some breakfast tacos go the traditional taco route with lettuce and tomato, while others include veggies like onions and bell peppers, similar to a Southwestern egg scramble, but in a tortilla.

**Omelets**

Omelets are great because you can customize them with anything you want inside. When adding vegetables, you should sautee them up first in the pan, such as mushrooms, spinach, onions, or tomatoes. Leave them in the pan once they are tender, add your beaten eggs to the mixture and stir it around quickly before it cooks. You will now cook your omelet, then add cheese at the very end.