Almond butter and smashed berry sandwiches

SERVES 2 | 10 MINUTES

Lightly sweetened berries take the place of sugar-filled jam or jelly.

¼ cup *each* fresh or thawed frozen blackberries and blueberries
1 tsp. honey
2 whole-wheat English muffins, split
2 tbsp. almond butter
Pinch of kosher salt

1. Smash berries with honey in a small bowl, using a fork.
2. Toast muffins, then spread each half with almond butter. Sprinkle lightly with the salt.
3. Transfer berries to muffin bottoms, using a slotted spoon. Set muffin tops in place.

PER SANDWICH 261 CAL., 36% (94 CAL.) FROM FAT; 2.4 G PROTEIN; 10 G FAT (0.2 G SAT.); 9.2 G CARBO (1.9 G FIBER); 288 MG SODIUM; 0 MG CHOL.

Egg, avocado, and crispy prosciutto pitas

SERVES 2 | 25 MINUTES

2 slices (about ¾ oz.) thinly sliced prosciutto
¼ cup roasted red bell peppers, patted dry
½ cup plain nonfat Greek yogurt
About ¼ tsp. kosher salt
¼ tsp. pepper
1 whole-wheat pita bread, cut in half
2 hard-cooked large eggs, sliced
½ avocado, sliced
½ cup baby arugula

1. Heat oven to 350°. Set a wire rack on a rimmed baking sheet. Lay prosciutto on rack. Bake until crisp, about 20 minutes.
2. Whirl bell peppers, yogurt, ¼ tsp. kosher salt, and the pepper in a food processor until blended. Add more salt to taste to dressing if you like.
3. Open pita halves carefully and coat each half with about 2 tbsp. dressing (reserve remaining dressing for another use).
4. Divide eggs, avocado, and arugula between pita halves. Wedge a prosciutto slice inside each pocket.

PER PITA HALF 263 CAL., 44% (116 CAL.) FROM FAT; 16 G PROTEIN; 13 G FAT (3 G SAT.); 23 G CARBO (4.8 G FIBER); 565 MG SODIUM; 194 MG CHOL.

Scrambled egg and smoked trout breakfast burritos

SERVES 2 | 15 MINUTES

4 oz. neufchâtel cheese, at room temperature
2 tbsp. finely chopped fresh dill
1 tsp. lemon zest
2 medium (8½ in.) whole-wheat tortillas
1 smoked trout fillet (about 4 oz.), broken into large pieces
⅔ cup baby spinach
3 large eggs

1. Mix neufchâtel, dill, and lemon zest in a small bowl until blended. Spread 2 tbsp. cheese mixture on each tortilla. Arrange trout down the center, then top with spinach.
2. Heat a medium nonstick frying pan over medium heat. Whisk eggs in a small bowl to blend. Pour eggs into pan and scramble until set, about 2½ minutes.
3. Spoon eggs over spinach on tortillas, then roll up burritos, tucking in ends.

PER BURRITO 436 CAL., 51% (222 CAL.) FROM FAT; 32 G PROTEIN; 25 G FAT (11 G SAT.); 24 G CARBO (3.8 G FIBER); 974 MG SODIUM; 331 MG CHOL. ■