

Scrambled Egg and Mozzarella Breakfast Pizza

INGREDIENTS:

- 1 whole wheat English muffin
- 2 mushrooms, sliced
- 2 green onions, finely chopped
- 4 tablespoons diced green or red bell pepper
- ½ cup egg substitute
- ¼ teaspoon pepper
- oregano or Italian seasoning, dash
- 4 teaspoons pizza sauce
- ½ cup shredded low-moisture, part-skim Mozzarella cheese

DIRECTIONS:

Preheat oven to 350 degrees Fahrenheit.

Split English muffin in half and toast; set aside.

Heat a small non-stick skillet over medium heat. Add mushrooms, green onions and bell pepper. Cook, stirring continuously for 2 minutes, or until vegetables are softened. Stir egg substitute, pepper and oregano into vegetable mixture. Cook, stirring continuously until egg substitute is set, about 2 minutes.

Spread 2 teaspoons of pizza sauce onto each English muffin half. Spoon a quarter of the egg mixture over pizza sauce and top with a quarter of the cheese. Spoon the remaining egg mixture and cheese evenly on top of the muffins. Place the muffins on a baking sheet and bake* for 5 minutes, or until cheese is melted.

*Or, bake in a toaster oven at 350 degrees Fahrenheit for 5 minutes.

Makes: 2 servings

Prep time: 4 minutes

Cook time: 9 minutes

NUTRITIONAL FACTS PER SERVING

Calories: 130
Calories: 190
Total Fat: 5 g
Saturated Fat: 3 g
Cholesterol: 15 mg
Sodium: 520 mg
Calcium: 30% Daily Value
Protein: 17 g (7 grams
from dairy)
Carbohydrates: 19 g
Dietary Fiber: 3 g