



## Egg and Mozzarella Breakfast Pizza

**Servings:** 2

**Prep Time:** 4 minutes

**Cook Time:** 9 minutes

### Ingredients:

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

### Preparation:

Preheat oven to 350° F. Split English muffin in half and toast; set aside.

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

*Tip: Keep a bag of frozen vegetable mix to use in this recipe. Any remaining pizza sauce can be frozen for another use.*

### Nutritional Facts:

#### Nutritional Facts Per Serving:

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

Cost/recipe:

**\$1.94**

Cost/serving:

**\$.97**

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BASICS**

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