

Breakfast Mini Pizzas

PREP TIME

10 minutes

TOTAL TIME

10 minutes

INGREDIENTS

- 1 large egg, beaten
- 2 tablespoons prepared pizza or marinara sauce
- 1 whole-wheat English muffin, split and toasted
- 2 tablespoons shredded cheese

YIELD

1 serving
(optional toppings
not included)

EACH SERVING CONTAINS:

Calories: **264**

Fat: **10 g**

Carbohydrates: **30 g**

Protein: **16 g**

Fiber: **5 g**

Sodium: **598 mg**

Potassium: **308 mg**

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INSTRUCTIONS

1. Preheat oven or toaster oven broiler.
2. Coat a small nonstick skillet with cooking spray and heat over medium-high heat. Add egg and cook, stirring often, until set into soft curds, 1 to 2 minutes.
3. Spread pizza or marinara sauce on English muffin halves. Top with the scrambled egg, cheese and any other topping (we love turkey and peppers!). Broil until the cheese is melted, 1 to 3 minutes.