



Mini Breakfast Pizzas

Prep Time: 5 minutes | **Cook Time:** 10 minutes | **Makes:** 4 servings



What You Need

- 4 EGGS, beaten**
- 1/3 cup pizza sauce**
- 2 English muffins, split, toasted**
- 1/2 cup shredded Italian cheese blend (2 oz.)**
- Dried oregano leaves**

Here's How

1. **HEAT** oven to 450°F. **COAT** large nonstick skillet with cooking spray; heat over medium heat until hot.
2. **POUR IN** eggs. As eggs begin to set, **GENTLY PULL** the eggs across the pan with an inverted turner, forming large soft curds. **CONTINUE** cooking - pulling, lifting and folding eggs - until thickened and no visible liquid egg remains. **Do not stir constantly. REMOVE** from heat.
3. **SPREAD** pizza sauce evenly on muffin halves; place on baking sheet. **TOP** with eggs and cheese, dividing evenly.
4. **BAKE** in 450°F oven until cheese is melted, about 5 minutes. **SPRINKLE** with oregano.

Insider Info

- Pizzas can be baked in toaster oven at 450°F until cheese is melted, 1 to 2 minutes.

Nutrition Info

calories: 198	dietary fiber: 1g
total fat: 9g	protein: 13g
saturated fat: 4g	vitamin A: 483.4IU
polyunsaturated fat: 1g	vitamin D: 17.5IU
monounsaturated fat: 2g	folate: 56.5mcg
cholesterol: 222mg	calcium: 189.0mg
sodium: 353mg	iron: 2.3mg
carbohydrates: 16g	choline: 129.6mg

Excellent Source: *protein and choline*

Good Source: *vitamin A, folate, calcium and iron*