

3-A-Day of Dairy (DMI-367)

SCRAMBLED EGG AND MOZZARELLA BREAKFAST PIZZA

Recipe created by 3-A-Day™ of Dairy

Makes 2 servings
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 pepper
oregano or Italian seasoning, dash
- 4 teaspoons pizza sauce
- 1/2 cup shredded low-moisture, part-skim Mozzarella cheese

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.

Nutrition Facts per serving for main dish recipe

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