



Breakfast Bruschetta



PER SERVING (1/4th of recipe, 4 pieces): 132 calories, 3g total fat (0.5g sat fat), 335mg sodium, 17g carbs, 0.5g fiber, 1.5g sugars, 9g protein

Freestyle™ [SmartPoints®](#) value 3*

Prep: 5 minutes Cook: 15 minutes



Tagged: [Breakfast Recipes](#), [Meatless Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

2 tbsp. light whipped butter or light buttery spread (like [Brummel & Brown](#))
One 2-inch-wide French baguette (about 4 oz.)
1/2 tsp. garlic powder
1 cup (about 8 large) egg whites fat-free liquid egg substitute
1 plum tomato, diced
1/4 cup chopped fresh basil
Optional seasonings: salt, black pepper

Directions

Preheat oven to 450 degrees. Spray a large baking sheet with nonstick spray.

In a covered microwave-safe bowl, microwave butter for 15 seconds, or until melted.

With a serrated knife, cut baguette into 16 half-inch-thick slices. (Discard the ends or reserve for another use.) Evenly place on the baking sheet.

With a pastry brush, spread butter onto bread. Sprinkle with garlic powder.

Bake until warm and crispy, about 8 minutes.

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Cook and scramble egg until mostly cooked, about 3 minutes. Add tomato and basil, and continue to scramble until fully cooked, about 1 minute.

Spoon egg scramble over bread.

MAKES 4 SERVINGS

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.