



Bring on the Breakfast Pizza



Entire recipe: 148 calories, 3.5g total fat (1.5g sat. fat), 652mg sodium, 7.5g carbs, 1g fiber, 3.5g sugars, 20g protein

Prep: 5 minutes **Cook:** 10 minutes



Ingredients

1 stick light string cheese
2 tbsp. chopped green bell pepper
2 tbsp. chopped mushrooms
1/2 cup fat-free liquid egg substitute
3 tbsp. pizza sauce

Optional toppings: salt, black pepper, oregano, garlic powder, onion powder, red pepper flakes

Directions

Break string cheese into thirds and place in a blender or food processor--blend at high speed until shredded. (Or pull into shreds and roughly chop.)

Bring a small skillet sprayed with nonstick spray to medium-high heat. Cook and stir pepper and mushrooms until slightly softened, about 5 minutes. Remove from skillet and set aside.

Reduce heat to medium. Add egg substitute and let it coat the skillet bottom. Cover and cook until solid enough to flip, about 3 minutes.

Carefully flip egg "crust." Evenly top with sauce, leaving a 1/2-inch border. Sprinkle with cheese and cooked veggies.

Cover and cook until cheese has melted, 1 to 2 minutes. Chew!

MAKES 1 SERVING

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