



## Cheesy Spinach Breakfast Tostada



Entire recipe: 217 calories, 9.5g total fat (3.5g sat. fat), 416mg sodium, 18.5g carbs, 3g fiber, 4g sugars, 12g protein

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

More: [Breakfast Recipes](#), [Single Serving](#), [30 Minutes or Less](#)



### Ingredients

- 1 tsp. [light whipped butter or light buttery spread](#) (like Brummel & Brown)
- One 6-inch corn tortilla
- 2 cups chopped spinach leaves
- 1 wedge [The Laughing Cow Light Creamy Swiss cheese](#)
- 1 tsp. reduced-fat Parmesan-style grated topping
- 1/8 tsp. garlic powder
- 1 tbsp. finely chopped pouched sun-dried tomatoes (or *HG Alternative*)
- 1 large egg

### Directions

Bring a skillet to medium-high heat. Add butter, and let it coat the bottom. Cook tortilla until lightly browned, about 2 minutes per side. Transfer to a plate.

In a medium microwave-safe bowl, microwave spinach leaves for 45 seconds, or until wilted. Blot away excess moisture. Add cheese wedge, Parm-style topping, and garlic powder, and mix until uniform. Microwave for 30 seconds, or until warm.

Spread spinach mixture onto tortilla, and top with sun-dried tomatoes.

Spray the skillet with nonstick spray, and bring to medium heat. Cook egg per your preference (we like it over medium!), about 3 minutes.

Place egg over the loaded tostada, and enjoy!

MAKES 1 SERVING

***HG Alternative:*** If you can only find sun-dried tomatoes that are packed in oil, drain and rinse them really well, and then pat dry. This will get rid of excess fat.

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