



Breakfast Pizza Mexicali

PER SERVING (entire recipe): 225 calories, 10g fat, 1,075mg sodium, 10g carbs, 2.5g fiber, 4g sugars, 25g protein -- **PointsPlus™** value 6*

Prep: 5 minutes

Cook: 10 minutes

Ingredients:

1 oz. soy chorizo (like the kind by El Burrito, Melissa's, or Frieda's)

1/2 cup fat-free liquid egg substitute (like Egg Beaters Original)

1/4 cup salsa

1/4 cup shredded reduced-fat (2% milk) Mexican-blend cheese (like the kind by Sargento)

Optional garnish: fresh cilantro

Directions:

Bring a skillet sprayed with nonstick spray to medium heat. Add soy chorizo and cook for about 3 minutes, using a spatula to crumble. Set aside.

Bring a *small* skillet sprayed with nonstick spray to medium heat. Pour in egg substitute. Cover and then cook until egg "crust" starts to form, about 3 minutes.

Carefully flip your egg. Top your egg crust with salsa, cheese, and cooked chorizo. Cover again and cook over low heat until cheese has melted, 1 - 2 minutes. Garnish with cilantro, if you like, and enjoy!

MAKES 1 SERVING



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