



Breakfast Bruschetta



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

Prep: 5 minutes **Cook:** 15 minutes



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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

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