



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

Freestyle™ [SmartPoints®](#) value 2*

[SmartPoints®](#) value 3*

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

[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.