



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.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies. *The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.