



## 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

**Green Plan [SmartPoints](#)® value 6\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 4\***

**Purple Plan [SmartPoints](#)® value 4\***

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



Tagged: [Breakfast Recipes](#), [Vegetarian 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.

**[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.