



Easy Caprese Breakfast Pizzas



Entire recipe: 185 calories, 5g total fat (2g sat. fat), 430mg sodium, 23.5g carbs, 6g fiber, 1.5g sugars, 14g protein

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

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Ingredients

- 1 stick light string cheese
- 1 tsp. light whipped butter or light buttery spread
- 1/2 tsp. crushed garlic
- 1 light English muffin
- 6 fresh basil leaves
- 2 thick slices plum tomato
- Optional seasonings: salt and black pepper

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

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.)

In a small bowl, mix butter with garlic. Split English muffin into halves and place on the baking sheet. Spread with butter mixture, sprinkle with cheese, and top with basil.

Bring a skillet sprayed with nonstick spray to medium-high heat. Cook tomato until lightly blackened, 1 - 2 minutes per side.

Top muffin halves with tomato. Bake until hot and lightly browned, about 5 minutes.

MAKES 1 SERVING

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