



## Mexican Breakfast Pizza



Entire recipe: 203 calories, 5.5g total fat (3.5g sat. fat), 758mg sodium, 13g carbs, 3g fiber, 0.5g sugars, 23.5g protein

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



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### Ingredients

1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute  
1/4 cup fat-free refried beans  
1/4 cup shredded reduced-fat Mexican-blend cheese  
1 1/2 tsp. taco sauce  
Optional topping: chopped fresh cilantro

### Directions

Bring an 8-inch skillet sprayed with nonstick spray to medium heat. Add egg, and let it coat the bottom. Cover and cook for 2 minutes, or until solid enough to flip.

Carefully flip egg crust. Top with beans and cheese, leaving a 1/2-inch border. Cover and cook for 1 minute, or until crust is fully cooked and cheese has melted.

Drizzle with taco sauce.

**MAKES 1 SERVING**

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