



Pizza Egg Bakes



1/6th of recipe (2 egg bakes with about 2 tbsp. dip):
135 calories, 3.5g total fat (2g sat. fat), 580mg sodium,
6.5g carbs, 1.5g fiber, 2.5g sugars, 17.5g protein

Prep: 15 minutes **Cook:** 25 minutes

More: [Breakfast Recipes](#), [Four or More Servings](#)



Ingredients

- 1/2 cup chopped bell pepper
- 1/2 cup chopped onion
- 1/2 cup chopped mushroom
- 1 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/4 tsp. each salt and black pepper
- 2 1/2 cups (about 20 large) egg whites or fat-free liquid egg substitute
- 3/4 cup shredded part-skim mozzarella cheese
- 2 tbsp. chopped fresh basil
- 1 1/2 oz. (about 24 slices) turkey pepperoni, chopped
- 3/4 cup canned crushed tomatoes
- 1/2 tsp. Italian seasoning

Directions

Preheat oven to 350 degrees. Spray a 12-cup muffin pan with nonstick spray.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add bell pepper, onion, and mushroom. Sprinkle with 1/4 tsp. garlic powder, 1/4 tsp. onion powder, and 1/8 tsp. each salt and black pepper. Cook and stir until veggies have softened and lightly browned, about 4 minutes.

In a large bowl, combine egg whites/substitute, 1/4 tsp. garlic powder, remaining 1/4 tsp. onion powder, and remaining 1/8 tsp. each salt and black pepper. Whisk thoroughly. Add cooked veggies, cheese, basil, and 3/4ths of the chopped pepperoni. Stir to mix.

Evenly distribute mixture among the cups of the muffin pan. Top with remaining chopped pepperoni.

Bake until firm and cooked through, about 20 minutes.

In a medium bowl, combine tomatoes, Italian seasoning, and remaining 1/2 tsp. garlic powder. Mix well. Microwave for 45 seconds, or until hot. Serve with egg bakes for dipping or topping.

MAKES 6 SERVINGS

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