



Pizza! Pizza! Egg Mug



Entire recipe: 134 calories, 3.25g total fat (1.5g sat. fat), 746mg sodium, 5g carbs, 0.5g fiber, 3g sugars, 17.5g protein

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Prep: 5 minutes **Cook:** 5 minutes or less

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Ingredients

2 tbsp. canned crushed tomatoes
1/8 tsp. Italian seasoning
1/2 cup fat-free liquid egg substitute
1 wedge The Laughing Cow Light Creamy Swiss cheese
6 slices turkey pepperoni, chopped
Optional topping: grated Parmesan cheese

Directions

In a small bowl, mix crushed tomatoes with Italian seasoning.

In a large microwave-safe mug sprayed with nonstick spray, microwave egg substitute for 1 minute.

Stir in cheese wedge, breaking it into pieces. Microwave for 30 seconds.

Stir in seasoned tomatoes and chopped pepperoni. Microwave for 30 seconds, or until set.

MAKES 1 SERVING

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