

## English Muffin Breakfast Pizzas Breakfast/Brunch March - 2014



Pizza eye-opener. Kids just love having their own tasty pizzas loaded with vitamins and minerals.

**Prep Time:** 20 Min

**Start to Finish:** 20 Min

**Makes:** 4 servings

### INGREDIENTS

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1 cup fat-free egg product or 4 eggs  
1/4 cup fat-free (skim) milk  
Dash of salt  
Dash of pepper  
2 teaspoons canola or soybean oil  
2 tablespoons chopped onion  
2 tablespoons chopped red bell pepper  
2 tablespoons chopped cooked ham  
1/2 cup shredded reduced-fat Cheddar cheese (2 oz.)  
2 whole wheat English muffins, split, toasted

### DIRECTIONS

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1. In small bowl, beat egg product, milk, salt and pepper with wire whisk or fork until well blended.
2. In 10-inch nonstick skillet, heat oil over medium heat. Cook onion, bell pepper and ham in oil 3 to 5 minutes, stirring occasionally, until vegetables are crisp-tender. Pour egg mixture into skillet. As eggs begin to set at bottom and side, gently lift cooked portions with spatula so that uncooked egg can flow to bottom. Cook 3 to 4 minutes or until eggs are thickened throughout but still moist; stir cheese into eggs.
3. Spoon egg mixture evenly over muffin halves.

**Recipe Provides:** Dairy 1/2c, Fats & Oils 1tsp, Grains 1oz-equivalents, Meat & Beans 1oz-equivalents

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Calories:</b>	160	<b>Calories from Fat:</b>	40
<b>Total Fat:</b>	4 1/2 g	<b>Saturated Fat:</b>	1 g	<b>Trans fat :</b>	0 g
<b>Cholesterol:</b>	5 mg	<b>Sodium:</b>	510 mg	<b>Total Carbohydrate:</b>	16 g
<b>Dietary Fiber:</b>	3 g	<b>Sugars:</b>	3 g	<b>Protein:</b>	14 g



This recipe is adapted from [WWW.eatbetterearly.com](http://WWW.eatbetterearly.com)