

Recipe of the Month

March 2011

English Muffin Breakfast Pizzas

- ◆ 4 eggs
- ◆ 1/4 cup fat-free milk
- ◆ Dash of salt and pepper
- ◆ 2 teaspoons canola oil
- ◆ 2 tablespoons chopped onion
- ◆ 2 tablespoons chopped red bell pepper
- ◆ 2 tablespoons chopped cooked ham
- ◆ 1/2 cup shredded cheddar cheese (2 oz.)
- ◆ 2 whole wheat English muffins, split, toasted



Directions

1. In small bowl, beat eggs, milk, salt and pepper with fork until well blended.
2. In 10-inch nonstick skillet, heat oil over medium heat. Cook onion, bell pepper and ham in oil 3-5 mins, 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 3-4 mins or until eggs are thickened throughout but still moist; stir cheese into eggs.
3. Spoon egg mixture evenly over muffin halves. **Makes:** 4 servings

Nutritional Information per Serving:

Calories 160 (Calories from fat 40); Total Fat 4 ½ g (Saturated fat 1g); Cholesterol 5 mg; Sodium 510 mg; Total Carbohydrate 16 g; Dietary Fiber 3 g; Protein 14 g

Recipe from www.eatbetterearly.com

