



Scrambled Egg & Veggie Breakfast Pizza

4 eggs, beaten
2 tsp. olive oil
¼ cup nonfat milk
¼ tsp. salt
¼ tsp. pepper
¼ cup onion, chopped

2 Tbsp. red pepper, washed, seeded, and chopped
½ cup baby spinach, washed and chopped
1/3 cup 2% sharp cheddar cheese, shredded
2 whole wheat English muffins, split and toasted

Directions

1. Wash hands with soap and water. Beat eggs, milk, salt, and pepper in a medium bowl with a whisk.
2. In a skillet, heat oil over medium heat and sauté onions and red pepper for about 3 minutes. Add spinach until leaves start to wilt.
3. Pour egg mixture over sautéed vegetables and stir until egg mixture is scrambled and no liquid egg remains. Stir in cheese until melted.
4. Divide scrambled eggs and vegetable mixture in four servings and serve each over half a toasted English muffin **Yield:** 4 Servings

Source: Find this recipe and more at [University of Illinois Extension: Recipes for Diabetes.](#)

Nutrition Facts (per serving): 193 calories, 9 grams fat, 400 milligrams sodium, 16 grams carbohydrate, 2 grams fiber, 11 grams protein

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