



Dept. of Health Education
Tufts University

ENGLISH MUFFIN BREAKFAST PIZZAS

Time: 20 min

Servings: 1 person

Ingredients:

- 1 egg
- 1 tablespoon fat-free milk
- ½ teaspoon canola or soybean oil
- ½ teaspoon chopped onion
- ½ teaspoon chopped red bell pepper
- 2 tablespoons shredded reduced-fat cheddar cheese
- ½ whole wheat English muffin, toasted
- dash salt and pepper

Directions:

- In small bowl, beat eggs, milk, salt, and pepper until well blended
- In 10-inch nonstick skillet, heat oil over medium heat
- Cook onion and bell pepper 3-5 minutes, until vegetables are 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 but still moist
- Stir cheese into eggs
- Spoon egg mixture evenly over English muffin



Benefits: Eggs are a great source of protein. If you are worried about cholesterol, double the amount of eggs and only use egg whites. Whole wheat is a good source of fiber. It also avoids the spike in blood sugar levels caused by refined, white grains.

Visit the *BYL* blog and website for more delicious, healthy recipes and other useful information!

<http://sites.tufts.edu/balanceyourlife/> and <http://ase.tufts.edu/healthed/balance.htm>