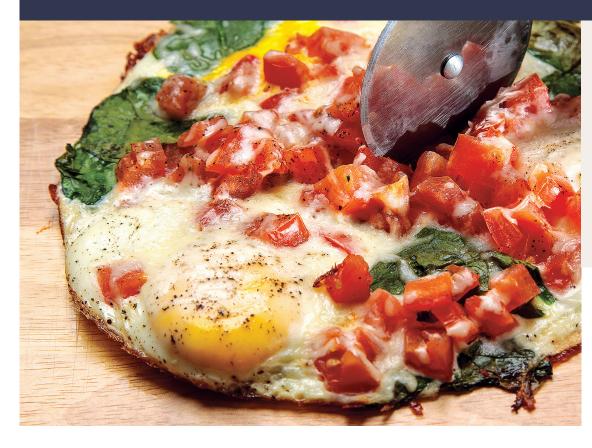




**University of Kentucky** College of Agriculture, Food and Environment *Cooperative Extension Service* 

## Easy Tortilla Breakfast Pizza



- Nonstick cooking spray
- 1 (8 inch) whole-wheat tortilla
- •1 cup spinach
- 3 medium eggs
- 1/2 medium tomato, diced
- Dash of salt and pepper
- 1/4 cup shredded part-skim mozzarella cheese
- 1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- **2.** Spray a 10-inch skillet with nonstick spray and place tortilla inside.
- **3.** Place spinach over the tortilla and make three slight wells with spinach. Crack an egg into each well so that it can be cut into three triangles once done.

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- **4.** Sprinkle tomatoes, salt, pepper, and mozzarella over the eggs.
- 5. Cover with lid and cook on mediumlow heat for 12 minutes, or until egg yolk is cooked through.
- **6.** Remove from heat and slice into three wedges with one egg each to serve.
- **7.** Store leftovers in the refrigerator within 2 hours.

Makes 3 servings Serving size: 1/3 of pizza Cost per recipe: \$3.25 Cost per serving: \$1.08



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## Nutrition facts per serving:

Program - SNAP.

140 calories; 7g total fat; 3g saturated fat; Og trans fat; 170mg cholesterol; 300mg sodium; 10g total carbohydrate; 1g dietary fiber; 1g total sugars; 0g added sugars; 10g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

## Source:

Jean Najor, Program Coordinator II; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service

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