



Rise 'n' Shine Pizza

Ingredients:

- 1 small whole wheat pita
- 1 whole egg and 3 egg whites
- 1/4 cup low-fat mozzarella cheese
- 1/2 cup diced mushrooms, onions, and peppers
- 1 green onion, sliced
- 2 sliced turkey bacon
- 1/2 tbsp. olive oil

Directions:

1. Whisk eggs and add diced vegetables.
2. Bend edges of the pita to create a bowl.
3. Brush both sides with olive oil and place on the grill, dome side down.
4. Cook for 30-60 seconds or until golden and then flip.
5. Pour egg mixture into the pita.
6. Cook for 1-2 minutes or until eggs are nearly cooked.
7. Add chopped turkey bacon slices, cheese, and green onion.
8. Cook until cheese is melted and eat up!

Nutrition Facts per serving:

Recipe serves 1
Calories 372
Fat 18 g
Carbs 23.8 g
Protein 34.5 g