

Breakfast Tortilla Pizza



Makes two servings. Each serving has 182 calories, 11 g fat, 13 g protein, 9 g carbohydrate, 1 g fiber and 442 mg sodium.



Bake Time: 15-18 minutes

DIRECTIONS:

INGREDIENTS:

- 1 large flour tortilla (burrito sized)
- 2 eggs
- 1 tablespoon black forest ham
- 1 tablespoon tomatoes
- 1 tablespoon mushrooms
- 1 tablespoon green bell pepper, chopped
- 1 tablespoon red onion, diced
- salt and pepper to taste
- ¼ cup shredded cheddar cheese



Spray baking dish with cooking spray.



Place one large tortilla in the dish. The edges should rise up along the sides of the dish.



Scramble two eggs in the tortilla.



Add ham, vegetables, salt and pepper to the eggs.



Sprinkle with cheddar cheese.



Bake at 400 F for about 15-18 minutes.