 **Breakfast Pizza**

*Serves 1*

**Ingredients**

1 tsp olive oil

1 eggs and 2 egg whites (1/4 cup), beaten

Veggies of your choice!

1 oz mozzarella cheese

1 protein of your choice (1/2 c beans, 1oz sausage, ground turkey)

¼ tsp oregano

**Directions**

1. Add olive oil to skillet and heat over medium. Add eggs and seasoning. Cook until eggs start setting on bottom.
2. Place veggies and protein on the eggs. Top with cheese. Cover pan and cook until eggs are set and cheese is melted.
3. You can finish this off in the broiler to lightly brown the cheese and give it a crispier texture or just serve it from the stovetop!

**Nutrition**

*300 cals, 5g C, 28g P, 18g F*