

Egg Pizzas



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ingredients

6 large eggs
4 6-inch diameter whole-grain flatbreads (pita, tortilla, or premade flatbreads)
2 tablespoons olive oil or nonstick spray
1/3 - 1/2 cup premade pizza or pasta sauce
1 cup fresh vegetables like halved grape tomatoes, peppers, mushrooms, asparagus, onions, etc.
1/2 cup fresh spinach or 1/4 cup thawed frozen spinach
3/5 cup shredded Italian cheese blend or shredded mozzarella

Optional: Dried herbs like basil, oregano, or crushed red pepper for topping

directions

Heat oven to 450 degrees. Coat nonstick skillet with cooking spray and heat over medium heat.

Wisk eggs together and scramble in the skillet until just set. They will finish cooking in the oven.

Brush olive oil or lightly spray nonstick spray on the bottom of the flatbreads. Flip over and divide pizza sauce evenly over the flatbreads and top with scrambled eggs, divided evenly. Top with preferred fresh vegetables, spinach, and cheese. Distribute evenly.

Bake until cheese is melted, 4-5 minutes. Sprinkle with dried herbs or crushed red pepper, if preferred. Cut each flatbread into 4 pieces and serve hot.

notes

Give each family member their own flatbread to decorate with their favorite toppings!

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