

Breakfast Pizza

2 cups ready-to-use refrigerated or frozen shredded or hash brown potatoes, thawed

½ cup finely chopped onions

Nonstick cooking spray

4 tablespoons tomato paste

2 tablespoons water

½ teaspoon dried oregano

½ cup egg substitute

½ cup finely shredded mozzarella cheese

2 tablespoons soy-based imitation bacon bits

DIETARY EXCHANGES:

3 Starch, 1 Vegetable, 2 Meat

NUTRIENTS PER SERVING:

Cal.: 360

Cal. from Fat: 22%

Total Fat: 9 g

Sat. Fat: 4 g

Carb.: 52 g

Protein: 21 g

Chol.: 15 mg

Sodium: 736 mg

Fiber: 6 g

1. Mix together potatoes and onions in small bowl.
2. Lightly spray 10-inch nonstick skillet with cooking spray and add potato-onion mixture. Flatten mixture with spatula and cook until lightly browned on bottom, 7 to 9 minutes. Flip and cook other side.
3. Mix tomato paste and water with whisk or fork in small bowl. Spread evenly over potatoes. Sprinkle oregano over tomato mixture.
4. Pour egg substitute evenly over surface and cover skillet. Cook 4 minutes.
5. Sprinkle mozzarella and bacon bits evenly over surface. Cover and cook 1 minute.
6. Remove from heat. Slide potatoes onto serving plate. Cut into 4 wedges with pizza cutter or serrated knife.

Makes 2 servings (2 wedges per serving)

Source: Diabetic Cooking Magazine

