



Breakfast Pizza Mexicali



Entire recipe: 218 calories, 8.5g total fat (3.5g sat. fat), 845mg sodium, 9.5g carbs, 1g fiber, 4g sugars, 24g protein

Prep: 5 minutes **Cook:** 10 minutes



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Ingredients

1 oz. soy chorizo (like the kind by El Burrito, Melissa's, or Frieda's)
1/2 cup egg whites (about 4 large eggs' worth) or fat-free liquid egg substitute
1/4 cup salsa with 90mg sodium or less per serving
1/4 cup shredded reduced-fat Mexican-blend cheese
Optional garnish: fresh cilantro

Directions

Bring a small skillet sprayed with nonstick spray to medium heat. Cook and crumble soy chorizo until hot, about 3 minutes. Transfer to a bowl.

Remove skillet from heat; clean, if needed. Re-spray and return to medium heat. Add egg whites/substitute and let coat the skillet bottom. Cover and cook for 2 minutes, or until solid enough to flip.

Carefully flip egg "crust.". Top with salsa, cheese, and chorizo, leaving a 1/2-inch border. Cover and cook for 1 minute, or until crust is fully cooked and cheese has melted.

MAKES 1 SERVING

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