

 **English Muffin Breakfast Pizza**

Total Time: 20 min Servings: 4

**Ingredients**

1 cup fat-free egg product or 4 eggs  
¼ cup fat-free (skim) milk  
Dash of salt  
Dash of pepper  
2 teaspoons canola or soybean oil  
2 tablespoons chopped onion   
2 tablespoons chopped red bell pepper   
2 tablespoons chopped cooked ham   
½ cup shredded reduced-fat Cheddar cheese (2 oz)  
2 whole wheat English muffins, split open and toasted   
1 Packet of sausage gravy mix   
\*Optional- Sprinkle of Mozzarella Cheese for topping

**Directions**

1. Prepare sausage gravy mix according to the package instructions and set aside.
2. In a small bowl, beat egg choice with  milk, salt, and pepper using a  wire whisk or fork until well blended.
3. Heat oil n a 10-inch nonstick skillet over  medium heat. Cook onion, bell pepper, and ham in oil for 3 to 5 minutes, stirring occasionally, until vegetables are crisp-tender.
4. Pour egg mixture into the skillet on top of ham and vegetables. As the egg mixture begins to set at the bottom and sides of the skillet, using a spatula, gently lift cooked portions  allowing  the uncooked egg mixture to  flow to the bottom of the pan. Cook mixture for 3 to 4 minutes or until eggs are thickened throughout but still moist. Remove skillet from heat and stir in cheddar cheese .
5. Spread gravy evenly onto toasted English muffin halves, then spoon on egg mixture.
6. If desired, top each English muffin breakfast pizza with a sprinkle of mozzarella cheese, allowing it to melt

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