



Breakfast Tortilla Pizza

Prep: 15 minutes

Bake: 10 minutes • Serves: 4

Nonstick cooking spray

- 4 (8-inch) whole wheat tortillas
- 1 cup shredded Gruyère cheese
- ½ bunch asparagus, cut into 1-inch pieces
- ½ cup chopped leftover or cooked ham
- 4 large eggs
- ⅓ cup chopped Roma tomatoes
- 1 tablespoon chopped fresh chives
- ¼ teaspoon ground black pepper
- Hot sauce (optional)

1. Adjust 2 oven racks to top and bottom position; preheat oven to 400°. Spray 2 rimmed baking pans with cooking spray.

2. Place tortillas on prepared pans; sprinkle with cheese, asparagus and ham. Crack 1 egg in center of each pizza; bake 10 minutes or until egg whites are cooked through and yolks are slightly soft or to desired doneness, carefully rotating pans between upper and lower racks halfway through baking.

3. Serve pizzas sprinkled with tomatoes, chives and pepper along with hot sauce, if desired.

Approximate nutritional values per serving (1 pizza):

356 Calories, 17g Fat (8g Saturated), 230mg Cholesterol, 610mg Sodium, 27g Carbohydrates, 4g Fiber, 5g Sugars, 24g Protein

Dietitian's Dish

> Asparagus is high in fiber, folate and chromium, which benefits both the heart and blood sugar management. Chromium is a trace mineral that enhances insulin's ability to take glucose from the blood into cells for energy, something that is lacking in people with diabetes.