

EGG-THANEAN BREAKFAST PIZZA



Ingredients

1 tube	refrigerated pizza dough (11 ounces)		
1 cup	chopped fresh tomatoes	1 cup	Salt & black pepper
1 tbsp.	olive oil	1 cup	fresh spinach leaves, finely chopped
1 tbsp.	red wine vinegar	1/3 cup	fresh sweet red pepper strips
½ tsp.	dried oregano	4	crumbled feta cheese (1½ ounces)
			eggs

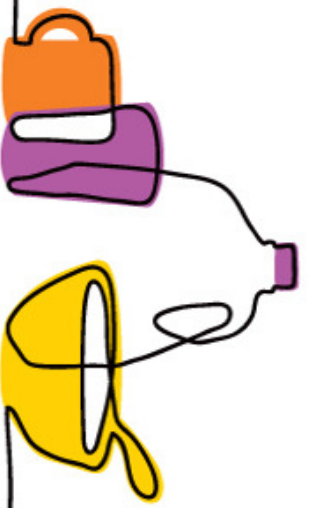
Makes 4 individually sized pizzas

Directions

1. Preheat oven to 450°F. Lightly coat 2 large baking sheets with nonstick spray. Unroll pizza crust onto a work surface and cut into 4 equal pieces. Place two pieces on each of the baking sheets and turn each corner up vertically toward the center to form a diamond shape (this helps prevent the egg from running onto the baking sheet). Bake for 8 minutes.
2. Toss tomatoes, olive oil, vinegar, oregano, salt, and pepper together in a small bowl; set aside. Prepare spinach, red pepper strips, feta, and, placing each in its own bowl. Set aside.
3. Remove pizza crusts from the oven and brush lightly with olive oil. Top each crust with about ¼ cup of the tomato mixture (drain off as much juice as you can), followed by ¼ cup spinach. With your fingers, create a well in the center of the tomatoes and spinach. Carefully crack an egg into the well you just formed, then top with some of the pepper strips, and feta. Sprinkle eggs with additional pepper. Bake pizzas for 10 minutes or until eggs are set to your liking.
4. Serve immediately, and grab a glass of milk to wash it down!

Nutrition

310 calories; 13 g fat; 3.5 g saturated fat; 225 mg cholesterol; 13 g protein; 39 g carbohydrates; 2 g fiber; 550 mg sodium; 150 mg calcium (15% of daily value).



THE BREAKFAST PROJECT

BECAUSE EVERY GOOD DAY STARTS WITH MILK.