



Egg-in-a-Nest Breakfast Pizza

Advanced Lifestyle

INGREDIENTS

One 7-inch whole-grain pita bread (do not split in half)
2 TSP basil pesto*
1/3 cup coarsely grated or shredded lite mozzarella
1/2 packed cup baby arugula
1 large egg
Pinch of salt

*Note: If you prefer, use 2 TBS of tomato sauce in place of the 2 TSP pesto.

INSTRUCTIONS

- Move the rack of the oven or toaster oven to the lowest level and preheat to 450°F.
- Put the pita bread on a baking sheet (small enough to fit in the toaster oven, if using). Spread the pesto evenly over the top of the pita, coming to just shy of the edge. Sprinkle the grated cheese over the pesto. Lay the arugula on top of the cheese to form a ring of greens, leaving a space in the center the size of a cooked egg. Crack the egg into the center of the pita so it drops into the space and the ring of arugula holds the egg in place. Sprinkle a pinch of salt over the top.
- Put the pizza in the oven and bake until the egg is cooked to your liking. For a soft egg, cook until the white is just firm and the yolk is still soft, about 10 minutes. For a firm yolk, cook another 2 minutes or so.
- Remove from the oven and cut into quarters.

SERVING INFO: (Serves 1) = 1/2 P, 1/2 V, 1-1/2 M, 1 G

See photo of recipe at [Instagram](#) and [Facebook](#).