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WeightNoMoreDC



## ENGLISH MUFFIN EGG PIZZA

Intermediate Lifestyle

### Ingredients

1 English muffin  
1 small-medium tomato  
1 hard boiled egg, sliced  
3 TBS grated or shredded low-fat Mozzarella, divided  
extra virgin olive oil  
oregano

### Instructions:

1. Toast the English muffin halves, and place on a cookie sheet.
2. Drizzle each half with olive oil, then layer on the tomato slices, hard boiled egg slices and 1-1/2 TBS of the Mozzarella cheese on each muffin half. Sprinkle both halves with oregano.
3. Broil 5 minutes or until the cheese melts.

Portion-Per-Serving Information: (Yields 1 serving) = 1/2 P, 1 V, 1 M, 1 G