



Recipes

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Green Eggs & Ham Breakfast Pizza

Prep Time: 12 Minutes

Cooking Time: 15 Minutes

Serves 12

Ingredients:

12 each 8" Smart Hearty Grains Tortilla (47087)

Non-stick Cooking Spray , as needed

24 oz. Swiss Cheese , shredded

Green Scrambled Egg White , see related recipe

18 oz. Deli-sliced Smoked Hams

6 oz. Parmesan Cheese , grated

Fruit , mixed , as needed

Directions:

1. Pre-heat convection oven to 375°F.

2. To Make Each Pizza: Place tortilla on baking rack over sheet pan and spray with non-stick cooking spray as needed. Bake tortilla for 4-5 minutes. Remove from oven and top tortilla with 1 ounce of Swiss cheese, 2 ounces of Green scramble egg whites, 1½ ounces deli sliced smoked Ham, and 1 additional ounce of Swiss cheese, and ½ ounce Parmesan. Bake in oven for 5-8 minutes or until cheese is melted and crust is crisp.

3. To Plate Each Pizza: Cut pizza into quarters and serve with fresh fruit.



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Green Scrambled Egg Whites

Prep Time: 15 Minutes

Cooking Time: 10 Minutes

Serves 1

Ingredients:

1 4/5 oz. Pasteurized Egg Whites Product

1/8 lb. Spinach

1/8 cup Milk

Non-stick Cooking Spray , as needed

Directions:

1. Steam spinach for 2-3 minutes; let cool. In a robot coup or food processor, puree spinach for 5-8 minutes. Using a cheesecloth or very fine mesh, strain spinach through and remove juice, reserve juice and throw away spinach left overs.
2. Reduce spinach juice by half, about 1/4 cup.
3. Pre-heat sauté pan over medium-low heat, spray with pan spray.
4. Combine eggs, spinach juice and milk. Cook in sauté pan until done. Reserve warm.