

# Pizza Omelet

Serves 2



VEGETARIAN



GLUTEN FREE



## Ingredients

- 2 whole eggs
- 4 egg whites
- 1 teaspoon oil
- ½ cup pizza sauce
- Vegetable toppings of choice, sautéed
- Optional: mozzarella cheese

## Directions

1. Whisk eggs and egg whites in a medium bowl.
2. Heat a medium nonstick skillet on mediumhigh heat. Add the oil, then eggs. Push eggs towards the center of the pan until they are fully cooked and form a solid round base for your pizza. Flip the eggs over and remove from heat.
3. Spread pizza sauce over the eggs, then vegetable toppings and cheese (if using).
4. If the pan is oven safe, place it under the broiler. If not, place the pizza omelet on a baking sheet and place under a broiler until eggs/cheese start to brown, about 3-5 minutes. Watch carefully to prevent burning. Cut into 4 slices and serve.

## Notes

Topping ideas: mushrooms, spinach, broccoli, tomato, bell pepper, onion, artichoke hearts, olives, pesto, basil

Recipe from Cooking Well Berkeley class: Breakfast, Spring 2015