



# MINI BREAKFAST PIZZAS

May 19

National Pizza Party Day

## INGREDIENTS

- 2 English Muffins, Halved (enriched or whole grain rich)
- 1 Tablespoon Butter
- 4 Eggs
- 1 Tablespoon Milk
- Salt and Pepper (to taste)
- 1/3 Cup Shredded Cheese

## DIRECTIONS

1. Preheat oven to 350° F. Grease a baking sheet with cooking spray.
2. Whisk together eggs and milk.
3. Melt butter in a nonstick skillet over medium-low heat and add the egg mixture.
4. Stir occasionally with a spatula or wooden spoon.
5. When the eggs are nearly set, season with salt and pepper and remove from heat.
6. Place English muffin halves, cut side up on the baking tray.
7. Sprinkle each piece with your cheese then top with eggs then sprinkle with more cheese.
8. Bake for 10 minutes, until the cheese is melted and the English muffin is slightly toasted.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Breakfast

## YIELD

4 Mini Pizzas

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1/2 Mini Pizza	1/2 Mini Pizza	1 Mini Pizza	2 Mini Pizzas