

Cain's Corner

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Nutrition Tips from USAPEEC's
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Fried Egg Pizza

Take your homemade pizza to the next level by topping it with a fried egg! This recipe starts with a whole wheat crust for added fiber then builds upon that with tons of nutrient-packed veggies. And, the pièce de résistance is cracking an egg on top in the final minutes of baking for some extra protein.

- 1 pre-made whole wheat pizza dough
- 1 jar pizza sauce
- Your choice of veggies, but I suggest:
 - 1 onion, thinly sliced
 - 1/2 pint cherry tomatoes, sliced in half
 - 1 zucchini, thinly sliced
 - 1 bell pepper, sliced into strips
 - 3 handfuls of arugula
- 2 Tbsp. olive oil
- 1 handful of shredded parmesan cheese
- 1-2 eggs
- salt and pepper

- 1) Pre-heat oven to 400 degrees F. Remove dough and shape into crust on an oiled pan.
- 2) Sauté onion in 1 Tbsp of oil in a skillet until clear and wilted. Add bell pepper and cook 2-3 minutes more.
- 3) Spread desired amount of sauce over pizza dough, then top with both the cooked and raw veggies. Drizzle remaining 1 Tbsp of oil over veggies, season with salt and pepper, then sprinkle a handful of cheese over the top.
- 4) Bake in oven for 8-10 minutes or until crust and veggies are golden. Pull pizza from oven and crack 1-2 eggs on top. Place back in oven and cook until desired doneness for the eggs.

