# AMERICAN EGG BOARD CULINARY LIBRARY

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| **M-0911-03 Hash Brown and Egg Pizza** |

**Prep Time: 20 minutes**

**Bake Time: about 30 minutes**

**Makes: 6 servings**

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| **WHAT YOU NEED**  |

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|  | **Cooking spray** |
| **4**  | **cups frozen country style hash brown potatoes, thawed, broken apart** |
| **8** | **eggs, divided** |
| **1/3** | **cup nonfat milk** |
| **2** | **teaspoons butter** |
| **1-1/2** | **cups sautéed chopped onions, green peppers, mushrooms** |
| **2** | **cups (8 ounces) shredded cheddar cheese** |

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| **HERE'S HOW** |

1. **PREHEAT** oven to 425°F. **SPRAY** a 12-inch pizza pan with cooking spray; set aside.
2. **COMBINE** hash brown potatoes and 2 of the eggs. Spread onto bottom of prepared pan. Bake 25 minutes or until crust is lightly browned and crisp.
3. Meanwhile, **WHISK** remaining 6 eggs and milk until blended.
4. **MELT** butter in a large nonstick skillet on medium heat. **POUR** in egg mixture. As eggs begin to set, **PULL** the eggs toward the center of the pan. Continue cooking until there is no visible liquid egg remaining.
5. **REMOVE** pizza pan from oven. **SPREAD** cooked eggs over potato crust. **TOP** with vegetables and cheese.
6. **BAKE** an additional 5 to 8 minutes or until cheese is melted.

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| **ENJOY** |

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| **INSIDER INFORMATION** |

Substitute fat free half and half for the nonfat milk for a richer flavor without the calories.

For an easy change of taste, use mozzarella cheese in place of the cheddar.

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| **NUTRITION INFORMATION** |

**Nutrition information per serving (1/6th of recipe):** 315 calories; 19g total fat; 10g saturated fat; 1g polyunsaturated fat; 6g monounsaturated fat;

281mg cholesterol; 353mg sodium; 15g carbohydrate; 1g dietary fiber;

20g protein; 845IU Vitamin A; 41.2IU Vitamin D; 46.3mcg folate;

340.6mg calcium; 1.8mg iron; 13.3mg choline.

This recipe is an ***excellent* source of** protein and calcium; and a ***good* source** of Vitamin A, Vitamin D, folate and iron.