

Double Cheese Spiral / Fiesta Breakfast Swirls

Description

Cheesy eggs in whole grain pinwheels make a satisfying breakfast.

Ingredients

- Nonstick cooking spray
- 1 teaspoon basil, dried
- 1 teaspoon oregano, dried
- 1 teaspoon thyme, dried
- 1/2 teaspoon garlic powder
- 2 eggs, lightly beaten
- Flour, as needed
- 1 (13.8 oz.) tube refrigerated whole grain pizza crust dough
- 3/4 cup Cheddar cheese, reduced fat, shredded
- 3/4 cup mozzarella cheese, lite, shredded
- Water, as needed

Instructions

1. Heat oven to 375°F.
2. Coat 12 standard-size muffin tins with nonstick cooking spray.
3. Combine herbs and garlic powder; set aside.
4. Cook the eggs in a skillet coated with nonstick cooking spray, scrambling in the pan until they are set.
5. On a lightly floured work surface, roll dough into a 12-in. x 8-in. rectangle approximately 1/8-in. thick.
6. In a bowl, combine the cheeses; spread evenly across the dough, leaving a 1/2-in. border along the edges. (See photo #1)
7. Spread scrambled eggs evenly over cheese. (See photo #2)
8. Sprinkle with herb seasoning blend.
9. Roll up dough tightly on the long edge. (See photo #3)
10. Brush water across the edge of the dough, and pinch to seal.
11. Cut into 12 pieces, approximately 1-in. wide. (See photo #4)
12. Place roll ups into muffin tins. (See photo #5)
13. Bake for 16 – 18 minutes or until the dough is golden brown.

For Fiesta Breakfast Swirls

- Use 1 teaspoon taco seasoning in place of herb seasoning mixture. Omit eggs. Double the amounts of both cheeses.



Makes 12 Servings

Prep Time: 20 min

Cook Time: 18 min

Nutrition for Double Cheese Spiral

Calories: 160

Total Fat: 8g

Saturated Fat: 2g

Cholesterol: 40mg

Sodium: 280mg

Calcium: 10% Daily Value

Protein: 7g

Carbohydrates: 16g

Dietary Fiber: 1g

Photo #1



Photo #3



Photo #2



Photo #5



Photo #4

