



**BRAIN HEALTHY
COOKING**

Breakfast

Pesto & Arugula Pizza



Ingredients

- 6 eggs
- 2 pieces of whole grain or whole wheat Naan bread
- 2 TBSP cream or skim milk
- 2 CUPS arugula
- ½ CUP pesto sauce
- Grape or cherry tomatoes (cut in half)
- 1 CUP shredded part-skim mozzarella or sliced part-skim mozzarella

Makes 4 Servings

Directions

1. Scramble eggs with cream & a dash of pepper, spray frying pan with nonstick spray and cook eggs until done, place cooked eggs aside in a bowl
2. Place both pieces of Naan bread on a sheet pan
3. Spread pesto sauce on top of Naan Bread and place 1/2 cup of arugula on top of pesto sauce
4. Sprinkle scrambled eggs and sliced tomatoes over the arugula
5. Add slices of part-skim mozzarella cheese or ½ cup of shredded part-skim mozzarella cheese and add any other toppings that you prefer
6. Bake at 375° until cheese melts (about 10 minutes)



** Serve with side of fresh fruit & berries*