

## Ham and Cheese Egg Pizza

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### Ingredients:

- 6 eggs
- $\frac{3}{4}$  tsp dried oregano
- $\frac{1}{4}$  tsp salt
- $\frac{1}{4}$  tsp black pepper
- $\frac{1}{3}$  cup chopped ham
- $\frac{1}{2}$  cup chopped tomatoes
- $\frac{1}{2}$  cup chopped onion
- $\frac{1}{2}$  cup shredded mozzarella cheese
- cooking spray

### Preparation:

Beat together the first 5 ingredients in a medium bowl. Heat a nonstick skillet with cooking spray at a medium heat, pour egg mixture cover and let it set for about four minutes. With a spatula pass the frittata to a pizza or cookie sheet, sprinkle tomatoes and cheese. Place it under the broiler for about 4 minutes or until the cheese is golden brown.