# Mini-Pizzas

Recipe by: Cooking Matters

Serves: 6; 2 muffin halves per serving

Prep time: 25 minutes - Cooking Time: 25 minutes

# Ingredients:

- 1 medium red or green bell pepper
- 8 ounces button mushrooms
- 1 large tomato
- 1 (4-ounce) chunk part-skim mozzarella cheese
- 6 whole grain English muffins
- 1 Tablespoon canola oil
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- 1 (8-ounce) can tomato sauce, no salt added

# **Optional Ingredients:**

 12 (2-inch-diameter) turkey Pepperoni slices

#### **Materials:**

- Baking sheet
- Box grater
- Can opener
- Colander
- Cutting board
- Large skillet
- Measuring spoons
- Medium bowl
- Sharp knife
- Small bowl

# **Nutrition Facts**

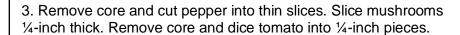
Serving Size 2 English muffin halves Servings Per Recipe 6

Calories 240	Calories from Fat 80
	% Daily Value
Total Fat 9g	<b>12</b> %
Saturated Fa	18% t 3.5g
Trans Fat 0g	
Cholesterol 15	mg <b>5</b> %
Sodium 380mg	17%
Total Carbohyo	Irate 33g 12%
Dietary Fiber	2g <b>7</b> %
Sugars 9g	
Protein 11g	
Vitamin A 200/	Vitamia C 500/
Vitamin A 20%	<ul> <li>Vitamin C 50%</li> </ul>
Calcium 25%	<ul> <li>Iron 15%</li> </ul>

or lower depending on your calorie needs

### **Directions:**

- 1. Preheat oven to 450°F.
- 2. Rinse bell pepper, mushrooms, and tomato.



- 4. In a small bowl, grate cheese.
- 5. Split English muffins in half. Place them on a baking sheet. Bake until edges are lightly browned, about 10 minutes. Prepare sauce while muffins cook.
- 6. In a large skillet over medium heat, heat oil. Add peppers and mushrooms. Cook for 5 minutes. If needed, use a colander to drain vegetables.
- 7. Transfer veggies to a medium bowl. Add tomatoes. Stir to combine
- 8. Stir spices into tomato sauce. Do this directly in the can.
- 9. When muffins are lightly browned, spoon 1 Tablespoon sauce over each muffin half. Coat evenly.
- 10. Layer veggies evenly over sauce. If using pepperoni, place one slice on each muffin half. Top with shredded cheese.
- 11. Bake muffins until cheese is melted and bubbly, about 6–8 minutes.
- 12. Let pizzas cool for 2 minutes before serving.

#### Chef's Notes:

- Use mini pitas in place of English muffins, if you like.
- Use any seasonal veggies you like. Try broccoli, onion, or spinach.
- Use leftover cooked ground meat, chicken, or turkey sausage in place of pepperoni.
- Make your own Tomato Sauce.
- Leftover pizza sauce will hold well in the refrigerator for a few days. Make just enough pizzas for dinner. Use leftover sauce to make more for lunch or a snack the next day.





