

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

Amount Per Serving

Calories 240 Calories from Fat 80

% Daily Value*

Total Fat 9g 12%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 380mg 17%

Total Carbohydrate 33g 12%

Dietary Fiber 2g 7%

Sugars 9g

Protein 11g

Vitamin A 20% • Vitamin C 50%

Calcium 25% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions:

1. Preheat oven to 450°F.
2. Rinse bell pepper, mushrooms, and tomato.
3. Remove core and cut pepper into thin slices. Slice mushrooms ¼-inch thick. Remove core and dice tomato into ¼-inch pieces.
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.