



Mini Pizzas



Start to finish time: 25 minutes

Number of servings: 6

Nutrition Facts

Serving size 2 muffin halves

Amount per serving
Calories **204**

% Daily Value*

Total Fat	5.3g	7 %
Saturated Fat	2.4g	12 %
Trans Fat	0g	
Cholesterol	12mg	4 %
Sodium	340mg	15 %
Total Carbohydrate	31g	11 %
Dietary Fiber	4g	14 %
Total Sugars	4g	
Includes 0g Added Sugar		0 %
Protein	11g	
Vitamin D	0.1mcg	0 %
Calcium	245mg	19 %
Iron	2.4mg	13 %
Potassium	379mg	8 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.

INGREDIENTS:

- 1 small bell pepper (diced small)
- ½ (8-ounce) container mushrooms (diced small)
- 1 medium tomato (diced small)
- 1 (4-ounce) chunk part-skim mozzarella cheese (shredded)
- 6 whole grain English muffins (cut in half)
- 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

DIRECTIONS:

1. Preheat oven to 450 degrees Fahrenheit. Gather and prepare ingredients.
2. Place muffin halves onto a baking sheet. If you like a crispier pizza, place the baking sheet in the oven while you prepare the rest of the ingredients.
3. Stir oregano and basil in the tomato sauce in a small bowl. See suggested substitutions for options to skip this step.
4. Using a spoon, add the sauce to each muffin half.
5. Add the vegetables to the pizzas.
6. If using, top with the pepperoni.
7. Top each pizza with cheese.
8. Place in the preheated oven and cook until cheese melts and is slightly golden brown. About 10-12 minutes.
9. Allow to cool for 2 minutes before serving.



STEP-BY-STEP DIRECTIONS:



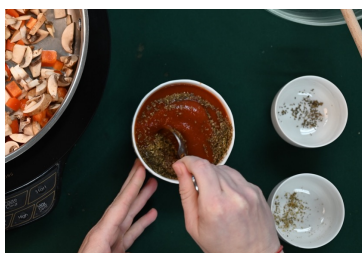
Step 1

Preheat oven to 450 degrees Fahrenheit. Gather and prepare ingredients.



Step 2

Place muffin halves onto a baking sheet. If you like a crispier pizza, place the baking sheet in the oven while you prepare the rest of the ingredients.



Step 3

Stir oregano and basil in the tomato sauce in a small bowl. See suggested substitutions for options to skip this step.



Step 4

Using a spoon, add the sauce to each muffin half.



Step 5

Add the vegetables to the pizzas.



Step 6

If using, top with the pepperoni.



Step 7

Top each pizza with cheese.



Step 8

Place in the preheated oven and cook until cheese melts and is slightly golden brown. About 10-12 minutes.



Step 9

Allow to cool for 2 minutes before serving.

SUBSTITUTIONS:

- Spaghetti or pizza sauce can be used in place of the canned tomato sauce. Skip step two if you use these options.
- Canned mushrooms can be used in place of fresh.
- Whole wheat buns or other whole wheat breads can be used instead of the muffins.

MSU EXTENSION NOTES:

- Use any vegetables you like in this recipe! It is great for using up leftover vegetables or those that may be going bad.
- The nutrition label does not include the pepperoni.

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