

Mini Pizzas

Recipe from ONIEProject.org

Ingredients

Non-stick cooking spray
6 whole-wheat English muffins
1 (8oz) can no-salt-added tomato sauce
1 cup shredded part-skim mozzarella cheese
8 oz fresh mushrooms, sliced
2 bell peppers, diced (any color)
2 cups fresh spinach, shredded



Preparation

1. Preheat oven to 400° F. Lightly coat a baking sheet with cooking spray.
2. Cut muffins in half & place on baking sheet. Place in oven & bake 1-2 minutes to lightly toast.
3. Evenly spread tomato sauce on each muffin half.
4. Top mini pizzas with about 1 Tbsp of each topping.
5. Bake 8-10 minutes or until muffins are lightly browned & cheese is melted.
6. Let cool 1-2 minutes before serving!

Tip- Switch it up by using your family's favorite veggies to give it a personal touch! The possibilities are endless!

Nutrition Facts

6 servings per recipe	
Serving size	(220g)
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 360mg	16%
Total Carbohydrate 31g	11%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 13g	