English Muffin Pizzas
This is a great way to use mom or dad’s leftovers from last night! If there are any vegetables (such as corn or broccoli) cooked in the fridge, they make great toppings for this pizza!

**U.S.**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>English Muffin, Whole Wheat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 muffin</td>
<td>English muffin, whole wheat</td>
</tr>
<tr>
<td>2 Tbsp</td>
<td>Quick tomato sauce</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Assorted toppings, such as onions, mushrooms, tomatoes, olives, peppers, ham or pineapple</td>
</tr>
<tr>
<td>2 Tbsp</td>
<td>Low-fat mozzarella cheese</td>
</tr>
</tbody>
</table>

**Metric**

<table>
<thead>
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<tbody>
<tr>
<td>1/2 muffin</td>
<td>English muffin, whole wheat</td>
</tr>
<tr>
<td>28.7 g</td>
<td></td>
</tr>
<tr>
<td>56.7 g</td>
<td></td>
</tr>
<tr>
<td>28.7</td>
<td></td>
</tr>
</tbody>
</table>

**Preparation:**

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F.
3. Spread the tomato sauce over the inside of the English muffin half.
4. Top with vegetables and other toppings.
5. Sprinkle with cheese.
6. Place on tray lined with foil or parchment paper. Bake in preheated oven or toaster oven until the cheese is melted, about 5-7 minutes.
7. Allow to cool for 2 minutes; enjoy!

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1 pizza (no toppings)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings</td>
<td>1</td>
</tr>
</tbody>
</table>

**Calories**

- Calories: 147
- Calories from Fat: 40

**Fats**

- Total Fat: 5 g
- Saturated Fat: 2.5 g
- Trans Fat: 0 g
- Monounsaturated Fat: 0 g

**Cholesterol**

- Cholesterol: 15 mg

**Sodium**

- Sodium: 345 mg

**Carbohydrates**

- Carbohydrates: 16 g

**Dietary Fiber**

- Dietary Fiber: 3 g

**Sugars**

- Sugars: 3 g

**Protein**

- Protein: 10 g

**Vitamins and Minerals**

- Vitamin A: 1 %
- Calcium: 9 %
- Vitamin C: 0 %
- Iron: 5 %
- Phosphorous: 0 mg

10/17/16