



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>U.S.</u>		<u>Metric</u>
1/2 muffin	English muffin, whole wheat	1/2 muffin
2 Tbsp	Quick tomato sauce	28.7 g
1/4 cup	Assorted toppings, such as onions, mushrooms, tomatoes, olives, peppers, ham or pineapple	56.7 g
2 Tbsp	Low-fat mozzarella cheese	28.7

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

Serving size	1 pizza (no toppings)
Servings	1
Calories	147
Calories from Fat	40
Total Fat	5 g
Saturated Fat	2.5 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	15 mg
Sodium	345 mg
Carbohydrates	16 g
Dietary Fiber	3 g
Sugars	3 g
Protein	10 g
Vitamin A	1 %
Calcium	9 %
Vitamin C	0 %
Iron	5 %
Phosphorous	0 mg
