

Mini Pizzas

Prep Time: 15-30 minutes

Cook Time: 15-20 minutes

Servings: 6 servings



Ingredients

- 1 medium green bell pepper
- 1 medium red onion
- 2 cups raw spinach
- 8-ounces mushrooms
- 1, 4-ounce chunk part-skim mozzarella cheese
- 6 whole grain English muffins
- 1, 8-ounce can no salt added tomato sauce
- ½ tsp dried basil
- ½ tsp dried oregano

Directions

1. Wash hands with soap and water.
2. Preheat oven to 450 degrees F.
3. Rinse bell pepper, mushrooms, and onion.
4. Split English muffins in half. Place them on a tin foil lined baking sheet. Bake until edges are lightly browned, about 10 minutes. Prepare sauce and vegetables while muffins toast.
5. Remove core and dice pepper. Dice onion.
6. Slice mushrooms.
7. Tear or slice spinach into smaller pieces.
8. In a small bowl, grate cheese.
9. Stir spices into tomato sauce. Do this directly in the can.
10. When muffins are lightly browned, spoon 1 tbsp sauce over each muffin half. Coat evenly using the back of a spoon.
11. Layer veggies evenly over sauce. Top with shredded cheese.
12. Bake muffins until cheese is melted, about 6-8 minutes. Let cool for 2-3 minutes before serving.

Recipe modified from Cooking Matters