

Build Your Own English Muffin Pizzas



Utilizing a rainbow of options, you can customize individual pizzas as a great way to use leftovers or your favorite vegetables!

YIELD	PREP TIME	TOTAL TIME
8 SERVINGS	15 MIN	25 MIN

INGREDIENTS

For the pizza toppings:

1 cup	Cherry Tomatoes, whole
1 small	Bell Pepper, any color, thinly sliced
½ small crown	Broccoli, cut into small florets
½ small	Zucchini, cut into small half-moons
½ each	Red Onion, thinly sliced
As needed	Nonstick Pan Spray

For the sauce:

1 cup	Crushed Tomatoes, canned, low sodium
1 tsp	Italian Seasoning
¼ tsp	Garlic Powder
¼ tsp	Onion Powder
⅛ tsp	Kosher Salt
To Taste	Black Pepper
As needed	Water

For the pizzas:

4 each	English Muffins, whole wheat, cut in half
1 cup	Mozzarella Cheese, low-fat, shredded (4oz.)

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 375°F and line three baking sheets with parchment paper.
2. *For the vegetables:* On two of the parchment lined baking sheets, place the cut vegetables in separate sections of the pan so that they are easy to keep separate after cooking. Spray the vegetables with cooking spray and place in the oven. Bake until the vegetables are softened and begin to brown, about 8-12 minutes depending on the size of the vegetable cuts. If needed, remove the separate vegetables if they brown before the others are finished.
3. *For the sauce:* While the vegetables are baking, prepare the sauce. In a small bowl, combine the sauce ingredients. Mix to combine well. The sauce should appear thick but thin enough to spread

CHEF'S NOTES

These pizzas can be made in the toaster oven for an easy, kid friendly snack

If an extra crispy "crust" is desired, pre-toast the muffin halves before building the pizzas.

Toppings (vegetables, sauce, and cheese) are measured to be divided equally over the pizzas, but larger produce may mean having some extra leftover vegetables- that's okay!

Some great topping options to try are eggplant, pineapple, summer squash, basil, mushrooms, spinach, olives, shredded chicken, and ground beef. Other sauce ideas include pesto or tzatziki.

an even layer on the English muffins. If needed, add 1-2 Tbsp of water to thin out the sauce to desired consistency. Set aside.

4. For the pizzas: On the remaining parchment lined baking sheet, place the English muffin halves, inside facing up. Top each muffin half with 2 Tbsp of sauce, 2 Tbsp of shredded mozzarella cheese, and about 1/4 of the vegetables - aim for at least 2-3 different colored vegetables per pizza but they are best with the full rainbow of toppings!
5. Place the assembled pizzas in the preheated oven, until the cheese fully melts and becomes golden brown, about 5-6 minutes. Remove from oven and allow to cool for 1-2 minutes before serving.

Nutrition Facts	
8 servings per container	
Serving size	1 pizza (142g)
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 290mg	13%
Total Carbohydrate 18g	7%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 180mg	15%
Iron 1.5mg	8%
Potassium 270mg	6%
<small>* 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.</small>	

CONTAINS: MILK, WHEAT

Recipe adapted from *Health meets Food*, "English Muffin Pizzas" (10/17/16)

