

RECIPES

WHOLE-WHEAT MINI PIZZAS



Level 2: Basic

Serving size: 1 mini pizza (½ English muffin)

Servings per recipe: 24

Price per serving: 49¢

Preparation time: 10 minutes

Cook time: 10 minutes per batch

SUPPLIES

Toaster oven or stove

Aluminum foil

Nonstick cooking spray

Tablespoons

Forks or knives (to split muffins)

Small bowls

Sharp knife

INGREDIENTS

12 100% whole-wheat English muffins, split and toasted

2 cups chunky vegetable tomato sauce or plain pizza sauce

2 8-oz packages of shredded mozzarella cheese

Assorted vegetables like shredded carrots, sliced mushrooms, peppers, onions, etc. (place in small bowls)

ADULT PREPARATION

Slice vegetables and arrange into bowls.

DIRECTIONS

1. Preheat oven to 400°F.
2. Line baking sheet with foil and spray with nonstick cooking spray.
3. Place toasted English muffins on baking sheet.
4. Spread each muffin with about 2 Tbsp of tomato sauce.
5. Let the kids add some of their favorite sliced vegetables—encourage children to try at least one topping.
6. Top with some shredded cheese.
7. Bake for 10 minutes or until cheese is melted.