

At Home English Muffin Pizza

Enjoy this personalized quick and easy dinner or after school snack. Chop up any veggies of choice. Customize to your liking. Make ahead the night before to take to school for a nutritious and filling lunch.

Ingredients:

- 1 Whole wheat English muffin
- 3 Tablespoons tomato sauce
- 2 Tablespoons reduced fat low moisture shredded mozzarella cheese
- .5-1 Teaspoon oregano

Optional toppings:

- Pepperoni
- Olives
- Cherry tomatoes
- Zucchini
- Multi colored bell peppers
- Barbeque sauce
- Red onion
- Diced chicken



Directions:

1. Preheat oven to 350. Toast English muffins for until slightly crispy about 5 minutes
2. Being prepping and chopping veggies for use. Slice bell peppers in thin strips to use as a mouth. Chop olives in half to use as eyes. Slice pepperoni to us as hair or eyes. Chop zucchini to use as eyebrows or a stem.
3. Spread tomato sauce over English muffins. Add cheese on top.
4. Arrange desired pizza toppings into desired Jack o' Lantern face
5. Put in oven to melt cheese
6. Enjoy!

Yield: 1 servings

Nutrition Facts:

170 Calories; 2.5 g Fat (1 g Saturated Fat; 0 g Trans Fat); 5 mg Cholesterol; 280 mg Sodium; 31 g Carbohydrate (2 g Fiber, 8 g Sugar, 0 g Added Sugar); 8 g Protein; 0% Daily Value (DV) Vitamin D; 15% DV Calcium; 10% DV Iron; 6% DV Potassium