



# Mini Pizzas



**Start to finish time:** 25 minutes

**Number of servings:** 6

## Nutrition Facts

**Serving size** 2 muffin halves

**Amount per serving**  
**Calories** **204**

**% Daily Value\***

**Total Fat** 5.3g **7 %**

**Saturated Fat** 2.4g **12 %**

**Trans Fat** 0g

**Cholesterol** 12mg **4 %**

**Sodium** 340mg **15 %**

**Total Carbohydrate** 31g **11 %**

**Dietary Fiber** 4g **14 %**

**Total Sugars** 4g

**Includes** 0g **Added Sugar** **0 %**

**Protein** 11g

**Vitamin D** 0.1mcg **0 %**

**Calcium** 245mg **19 %**

**Iron** 2.4mg **13 %**

**Potassium** 379mg **8 %**

\* 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.

## INGREDIENTS:

- 1 small bell pepper (diced small)
- ½ (8-ounce) container mushrooms (diced small)
- 1 medium tomato (diced small)
- 1 (4-ounce) chunk part-skim mozzarella cheese (shredded)
- 6 whole grain English muffins (cut in half)
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- 1 (8 ounce) can tomato sauce, no salt added

## Optional Ingredients:

- 12 (2-inch-diameter) turkey pepperoni slices

## DIRECTIONS:

1. Preheat oven to 450 degrees Fahrenheit. Gather and prepare ingredients.
2. Place muffin halves onto a baking sheet. If you like a crispier pizza, place the baking sheet in the oven while you prepare the rest of the ingredients.
3. Stir oregano and basil in the tomato sauce in a small bowl. See suggested substitutions for options to skip this step.
4. Using a spoon, add the sauce to each muffin half.
5. Add the vegetables to the pizzas.
6. If using, top with the pepperoni.
7. Top each pizza with cheese.
8. Place in the preheated oven and cook until cheese melts and is slightly golden brown. About 10-12 minutes.
9. Allow to cool for 2 minutes before serving.

## FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.



## STEP-BY-STEP DIRECTIONS:



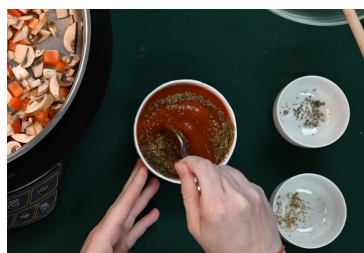
### Step 1

Preheat oven to 450 degrees Fahrenheit. Gather and prepare ingredients.



### Step 2

Place muffin halves onto a baking sheet. If you like a crispier pizza, place the baking sheet in the oven while you prepare the rest of the ingredients.



### Step 3

Stir oregano and basil in the tomato sauce in a small bowl. See suggested substitutions for options to skip this step.



### Step 4

Using a spoon, add the sauce to each muffin half.



### Step 5

Add the vegetables to the pizzas.



### Step 6

If using, top with the pepperoni.



### Step 7

Top each pizza with cheese.



### Step 8

Place in the preheated oven and cook until cheese melts and is slightly golden brown. About 10-12 minutes.



### Step 9

Allow to cool for 2 minutes before serving.

## SUBSTITUTIONS:

- Spaghetti or pizza sauce can be used in place of the canned tomato sauce. Skip step two if you use these options.
- Canned mushrooms can be used in place of fresh.
- Whole wheat buns or other whole wheat breads can be used instead of the muffins.

## MSU EXTENSION NOTES:

- Use any vegetables you like in this recipe! It is great for using up leftover vegetables or those that may be going bad.
- The nutrition label does not include the pepperoni.

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