

Quick and Easy Pizza Rounds (Grain, Vegetable)



Ingredients:

- 4 English muffins, split
- 1 c pizza sauce
- 1 mozzarella or cheddar cheese, low fat
- 1/3 c green pepper, diced
- 1/3 c white mushrooms, canned or fresh
- Italian seasoning or basil (optional)

Directions:

1. Toast English muffins until slightly brown.
2. Spread English muffins with pizza sauce and evenly top with cheese.
3. Sprinkle with desired toppings and Italian seasoning or basil, if using.
4. Return to toaster oven or convection oven preheated to 350 °F.
5. Remove when cheese is melted.

Makes 4 servings.



Tarrant County Public Health
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