



Easy English Muffin Mushroom & Herb Pizzas



Ingredients

- 1 large English muffin, sliced in half (whole wheat if possible)
- 2 Tbsp tomato sauce (any type)
- 3 Tbsp shredded, part-skim milk mozzarella cheese
- ¼ cup of sliced raw, button mushrooms
- 1 tsp chopped fresh basil
- 1 tsp chopped fresh oregano

Serving Size: 1 pizza muffin



Oregano



Basil

Directions

1. Toast the English muffin “pizza crusts” in a toaster oven until lightly brown on top and crispy.
2. When cool to the touch, use a spoon and add tomato sauce on top of pizza and evenly spread it out on the English muffin.
3. Sprinkle the cheese evenly on the pizza.
4. Top with mushrooms, basil and oregano.

Place in the microwave until cheese is melted, about 10-20 seconds. Serve warm.

Nutrition Facts

- Whole grain English muffins are a good source of dietary fiber
- Tomato sauce contains lycopene, which may reduce cancer risk
- Using Part-Skim instead of Whole Milk mozzarella, will give you the same amount of Calcium with less calories
- Mushrooms are low in calories (20 calories per cup, raw) and contain potassium, B-vitamins and selenium and copper, depending on the variety

Other Healthy, Fun Pizza Toppings

- Red, Yellow or Green peppers
- Onions
- Spinach
- Steamed asparagus tips
- Steamed broccoli
- Arugula
- Cherry tomato slices
- Olives