



early childhood community development centre

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## Mini Pizzas

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### *Ingredients - Makes 6 servings*

- 6 whole-wheat English muffins, cut in half
- 1-1/2 cups pasta sauce (or canned pizza sauce)
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped green pepper
- 1/4 cup sliced mushrooms
- 1 cup grated Mozzarella cheese
- dried basil and oregano

### *Directions*

1. Preheat oven to 350 F (180 C).
2. Place English muffin halves on baking sheet.
3. Spread tomato sauce on each muffin half. Sprinkle lightly with basil and oregano.
4. Put onion, green pepper and mushrooms on top of each muffin half. Sprinkle with cheese.
5. Bake until hot and bubbly, about 20 minutes.

Source: The Basic Shelf Cookbook (1994), City of York Health Unit

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