



Mini Pizzas

Servings 8 | Prep time 10 mins. | Total time 30 mins.

Equipment:

Baking sheet
Cutting board
Grater
Medium saucepan

Utensils:

Knife
Mixing spoon
Soup spoon

Ingredients

2 cups tomato sauce
1 medium zucchini, shredded
1 1/2 tablespoons Italian seasoning OR Celebrate Your Plate Italian Seasoning
1 cup fresh spinach, finely chopped
4 whole wheat English muffins OR 4 whole wheat pitas, cut into halves
1 cup mozzarella cheese, shredded

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Preheat oven to 400 degrees. Arrange English muffins or pita halves on a baking sheet and bake 15 minutes or until crisp.
3. While English muffin or pita halves are toasting, combine tomato sauce, shredded zucchini, and Italian seasoning in a medium sauce pan. Bring sauce to a simmer over medium heat and stir in chopped spinach.
4. When English muffins or pita halves are toasted, add 3 tablespoons tomato sauce to each and spread evenly with back of spoon.
5. Sprinkle mozzarella cheese on top of tomato sauce and bake for 8-10 minutes or until cheese is melted.

Nutritional Information:

Calories 130 Total Fat 7g Sodium 230mg Total Carbs 18g Protein 7g