



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

Nutritional Information:

Calories 130
Total Fat 4g
Sodium 230mg
Total Carbs 18g
Protein 7g

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.