



Mini Pizzas

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

Equipment: Baking sheet, Cutting board, Grater, Sauce pan

Utensils: Knife, Mixing spoon, Soup spoon

Ingredients

- 2 cups tomato sauce
- 1 zucchini, shredded
- 1 teaspoon Italian seasoning
- 1 cup fresh spinach leaves, finely chopped
- 4 whole wheat English muffins OR 4 whole wheat pitas, split in half to make 8
- 1 cup shredded part-skim mozzarella cheese

Tips

- Frozen spinach could also work in the sauce, but you will need to squeeze out water from defrosted spinach until it's very dry or sauce will be watery.

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 put bake for 8-10 minutes or until cheese is melted.

Nutritional Information:

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