MINI PIZZAS

Prep time: 20 minutes
Servings: 2
Serving size: 1 pizza

If your Moblees love pizza as much as Carlin Caterpillar does, then they'll have loads of fun making this simple and delicious recipe at home!

INGREDIENTS:

- 2 whole wheat English muffins
- 1/2 cup spaghetti sauce
- 1/2 cup shredded cheese (Cheddar, Colby, Jack or Mozzarella)
- 4 tbsp chopped mushrooms, diced zucchini or vegetable of choice

EQUIPMENT AND SUPPLIES:

- Knife

Adult supervision required.

DIRECTIONS:

1. Preheat oven or toaster oven to broil.
2. Cut English muffins in half and toast in toaster.
3. Spread 1/4 cup spaghetti sauce onto each half and sprinkle each with 1/4 cup cheese. Top with 2 tablespoons of the vegetables.
4. Broil for 5 minutes until the cheese melts. Allow to cool for 5 minutes and serve.

Nutrition Facts Serv. Size approximately 1 pizza, Amount Per Serving: **Calories** 130, **Total Fat** 5g, Saturated Fat 5g, Trans Fat 0g, Sodium 290mg, Total Carbohydrate 17g, Dietary Fiber 2g, Sugars 3g, Protein 6g