

https://www.tillamookheadlightherald.com/community/wellness-recipe-my-personal-pizza/article_32f1aea4-3ef4-11ea-809b-77e0b7c56bb7.html

Wellness recipe: My personal pizza

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Recipe and photo from www.FoodHero.org

Number of servings: 1

Time for preparation (including preparation and cooking): 25 minutes

Ingredients:

1/2 English muffin

1 1/2 Tablespoons spaghetti or pizza sauce

1 Tablespoon grated cheese

4 Tablespoons chopped vegetables, fruits, and/or cooked meat

Directions:

1. Preheat oven to 400 degrees.
2. Lightly toast English muffin.
3. Spread with spaghetti sauce or pizza sauce.
4. Add cheese and pizza toppings of your choice.
5. Bake 5-7 minutes until muffin is lightly browned and cheese is melted.
6. Allow to cool slightly before eating.
7. Refrigerate leftovers within 2 hours.

Notes

- Try a variety of fruits and vegetables such as onions, bell peppers, mushrooms, pineapple, and tomato.
- Add cut up cooked meat like chicken or sausage.
- Try whole wheat English muffins for added fiber.