

MINI PIZZAS

6 Servings

INGREDIENTS

- 6 English muffins, cut in half
- 1 ½ cup tomato sauce
- ¼ cup finely chopped onion
- ¼ cup finely chopped green bell pepper
- ¼ cup sliced mushrooms
- 1 cup grated cheese
- Dried oregano and basil (optional)
- Salt/pepper

DIRECTIONS

Step 1

Preheat oven to 350 degrees F.

Step 2

Place English muffin halves on a baking tray. Spread tomato sauce on each muffin half and sprinkle with basil, oregano, salt and pepper.

Step 3

Put onion, green pepper, and mushroom on top of each mushroom half. Sprinkle with cheese.

Step 4

Bake until hot and bubbly, about 20-25 minutes.

From the book: (2011). The Basic Shelf Cookbook. Ottawa, ON: Canadian Public Health Association.

SHOPPING LIST

English muffins

Tomato sauce

Onion

Green bell pepper

Mushrooms

Cheese