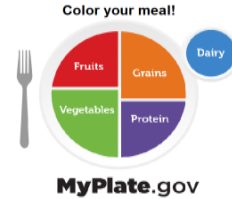




MINI PIZZAS



@Gleanersfan



Ingredients:

- 1 bell pepper, diced**
- 8 oz mushrooms, chopped**
- 1 tomato, diced**
- 1/2 cup mozzarella cheese (or any cheese)**
- 1 (8oz) can tomato sauce, no salt added**

- 6 whole grain English muffins**
- 1 tbsp canola oil**
- 1/2 tsp dried oregano**
- 1/2 tsp dried basil**

Directions:

1. Preheat oven to 450F.
2. Split English muffins in half and place them on a baking sheet. Bake until edges are lightly browned, about 10 minutes. Prepare sauce while muffins cook.
3. In a large skillet over medium heat, add oil. Add peppers and mushrooms and cook for 5 minutes. Transfer veggies to a bowl and add tomatoes. Stir to combine.
4. Stir in spices to tomato sauce. When muffins are ready, add 1 tbsp of sauce over each muffin half and layer veggies evenly over sauce. Top with shredded cheese. Bake muffins until cheese is melted, about 6-8 minutes and let cool for 2 minutes before serving. Enjoy!

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