**MINI PIZZAS**

**Ingredients:**
- 1 head chopped broccoli
- Whole wheat English muffins
- 1 cup sliced mushrooms
- 1 cup low fat cheese
- 1/2 cup spinach
- oregano to taste
- Tomato sauce

**Directions:**

1. Slice English muffins in half. Toast until slightly brown.
2. Cover each muffin with 1 tablespoon sauce and 1 tablespoon cheese. Add your toppings.
3. Bake on a cookie sheet at 425°F for 8-10 minutes or until cheese melts. Enjoy!

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