



English Muffin Pizzas

Yield: 4 servings

Ingredients

2 whole wheat English muffins

½ cup tomato sauce

1 cup diced assorted toppings,
such as onions, mushrooms,
tomatoes, olives, peppers, or
pineapple

½ cup low-fat mozzarella cheese

Instructions

1. Heat oven to 400 degrees and line a baking sheet with parchment paper.
2. Open the English muffins and place them on the baking sheet, with the inside facing up.
3. Spread the tomato sauce evenly over the English muffins.
4. Add toppings and sprinkle with cheese.
5. Bake in oven until the cheese is melted, about 5 to 7 minutes.

Nutrition Information

Serving Size: 1 pizza (no toppings)

Calories: 147

Total Fat: 5 g

Saturated Fat: 2.5 g

Monounsaturated Fat: 0.0 g

Sodium: 345 mg

Total Carbohydrate: 16 g

Dietary Fiber: 3 g

Sugars: 3 g

Protein: 10 g

Source: Health meets Food

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