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| **Mini pizzas**    Makes 2 servings.  **Quick fix tip** - This recipe can be made from leftovers.  **Ingredients**   * 4 small tomatoes, thinly cut * 2 whole-grain English muffins, cut in half * 3/4 cup (175 mL) shredded part-skim mozzarella cheese * 1/2 cup (125 mL) pizza or tomato sauce   You can also use: Leftover chicken or beef, red peppers, mushrooms, onions or tuna.  **Directions**   1. Preheat your oven to 400ºF (200ºC). 2. Toast English muffin in oven until lightly browned (5 minutes). 3. Spread approximately 30 mL (2 tbsp) of sauce on each half of the English muffin. 4. Cover the sauce with tomato slices and any other vegetable or meat of your choice. 5. Put mozzarella cheese on top of tomatoes. 6. Put mini pizzas on a baking sheet and bake until cheese is melted (5 minutes). 7. Remove from oven and let cool. 8. Serve   Tip: Can be sent in container for lunches.  Send with celery and carrot sticks. |
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