

Kids in the Kitchen



ENGLISH MUFFIN PIZZAS

Recipe from Carla Burke, RD

INGREDIENTS

- 2 English muffins, split
- ¼ cup canned pizza sauce
- 1 cup shredded mozzarella cheese
- Pizza toppings of your choice

DIRECTIONS

1. Preheat the oven to 375 degrees F.
2. Arrange the English muffin halves cut-side up on a baking sheet.
3. Optional step: toast English muffins in the oven for 5 or so minutes till desired crunchiness
4. Spread pizza sauce evenly on top of each English muffin.
5. Sprinkle with mozzarella cheese, top with your choice of topping!
6. Bake in the preheated oven until the cheese is melted and browned on the edges, about 10 minutes.

Adjust this recipe to meet your goals may making these modifications to the ingredients:

GLUTEN FREE

Use gluten free English muffins

WEIGHT GAIN

Use whole milk cheese and higher fat meat toppings like salami or pepperoni

WEIGHT LOSS

Use part-skim mozzarella cheese and veggie toppings and a lean protein like deli ham

