

English Muffin Veggie Pizza

Makes: 4 servings

Ingredients

- 1 cup broccoli (cooked chopped)
- 4 whole-wheat English muffins (sliced)
- 1 cup low-sodium pizza sauce (or spaghetti sauce)
- 1/2 cup mozzarella cheese, shredded, low-sodium
- 3 tablespoons carrot (shredded)
- 1 teaspoon low-sodium Parmesan cheese (grated)

Directions

1. Toast the 8 muffin halves.
2. Spoon 2 tablespoons pizza sauce over each English muffin half.
3. Sprinkle 1 tablespoon shredded mozzarella cheese on top of each half.
4. Put 2 tablespoons broccoli and 1 teaspoon shredded carrots on top of each half.
5. Sprinkle each half with 1 teaspoon grated parmesan cheese.
6. Toast in the toaster oven for 2 minutes, until the cheese melts.

Total Cost: \$2.95

Serving Cost: \$0.74

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website



Nutrition Facts

4 servings per container
Serving size 2 Muffin Halves
(171g)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 260mg	11%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 0g Added Sugars	0%

Protein 16g	
Vitamin D 0mcg	0%
Calcium 281mg	20%
Iron 2mg	10%
Potassium 102mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

