Mini Muffin Pizzas (Microwave Recipe)

Makes 8 mini-pizzas

**Stuff You Need**

- Microwave oven
- Toaster (optional)
- 1 small bowl (or container with cover)
- Plastic wrap
- Plastic spoons (1 per participant)
- 1 Microwave-safe plate
- Snack-size plates (1 per participant)
- Potholder or oven mitt
- Recipe ingredients (see below)

**What’s In It?**

- 4 whole-wheat English muffins
- 1/2 cup spaghetti sauce
- 8 slices reduced fat mozzarella cheese

**How to Put It Together**

1. Split English muffins; toast if desired.
2. Top each English muffin half with 1 Tbsp. sauce and 1 slice cheese.
3. Place on microwave-safe plate; microwave each muffin half on HIGH 10 to 15 seconds or until cheese is melted.
4. Ask for help when removing pizza from the oven – your pizza can be very hot! Remember to always use a potholder when removing things from the microwave.

**Why It’s Good for You**

This pizz-azzy snack is an excellent source of calcium from the reduced fat cheese and counts towards your daily Milk Group goal! The English muffin counts towards your daily Grains Group goal!

**Nutrition Information Per Serving (1 mini pizza):** 130 calories, 3.5g total fat, 2g saturated fat, 10mg cholesterol, 350mg sodium, 15g carbohydrate, 1g dietary fiber, less than 1g sugars, 8g protein, 8%DV vitamin A, 2%DV vitamin C, 40%DV calcium, 6%DV iron.