



Mini Pizzas

Makes 24 pizzas

Preparation time: 15 minutes

Cooking time: 5 to 10 minutes

Preheat oven broiler

Common allergens: dairy, wheat



Equipment List

- Grater
- Cutting knife
- Can opener
- Butter knife
- Ungreased baking sheet

What You Need

INGREDIENTS	AMOUNTS	METRIC
English muffins cut in half (or half a pita shell, a slice of whole grain bread, pizza dough, or pre-made pizza shell, any kind of flat bread)		12 muffins
Mozzarella cheese	12 oz.	360 g
Pizza sauce	2 tbsp./muffin	30 mL/muffin

HAM PIZZA TOPPINGS

Cooked ham	12 oz.	360 g
Green pepper, diced	1 pepper	
Mushrooms, large (optional)	8-10	
Pineapple chunks	1 can	250 mL

CHICKEN PIZZA TOPPINGS

Chicken	12 oz.	360 g
Red pepper, diced	1 pepper	
Mushrooms, large	8-10	
Tomatoes, sliced (optional)	4 whole	

VEGETARIAN PIZZA TOPPINGS

Broccoli crown, chopped	1 crown	
Red pepper, diced	1 pepper	
Tomatoes, sliced (optional)	4 whole	



Instructions

1. Wash vegetables and cut into smaller bite-size pieces.
2. Grate cheese.
3. Slice the English muffin in half and spread tomato sauce on each half.
5. Add toppings (be creative) and sprinkle grated cheese on top.
6. Broil in oven until bubbly. Watch carefully so your pizza doesn't burn.

Recipe taken from Healthy After Schools