



## Mini Pizzas

Servings 8 | Prep time 10 mins. | Total time 30 mins.

**Equipment:** Baking sheet, Cutting board, Grater, Sauce pan

**Utensils:** Knife, Mixing spoon, Soup spoon

### Ingredients

2 cups tomato sauce  
1 zucchini, shredded  
1 teaspoon Italian seasoning  
1 cup fresh spinach leaves, finely chopped  
4 whole wheat English muffins OR 4 whole wheat pitas, split in half to make 8  
1 cup shredded part-skim mozzarella cheese

### Tips

- Frozen spinach could also work in the sauce, but you will need to squeeze out water from defrosted spinach until it's very dry or sauce will be watery.

### Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Preheat oven to 400 degrees. Arrange English muffins or pita halves on a baking sheet and bake 15 minutes or until crisp.
3. While English muffin or pita halves are toasting, combine tomato sauce, shredded zucchini, and Italian seasoning in a medium sauce pan. Bring sauce to a simmer over medium heat and stir in chopped spinach.
4. When English muffins or pita halves are toasted, add 3 tablespoons tomato sauce to each and spread evenly with back of spoon.
5. Sprinkle mozzarella cheese on top of tomato sauce and put bake for 8-10 minutes or until cheese is melted.

### Nutritional Information:

Calories 130  
Total Fat 4g  
Sodium 230mg  
Total Carbs 18g  
Protein 7g