

Cook Time: 20 min

Serving Size: 1 English Muffin (2 halves)

Servings: 6

Ingredients

- 6 English Muffins, *whole wheat*
- 3/4 cup Tomato Sauce, *low-sodium*
- 1 cup cheese, *low-fat and grated*

OPTIONAL TOPPINGS:

- Broccoli, *chopped*
- Red onion, *cooked or raw, sliced*
- Bell pepper, *sliced*
- Spinach, *chopped*
- Pineapple, *chopped*
- Mushrooms, *chopped*
- Olives, *sliced*



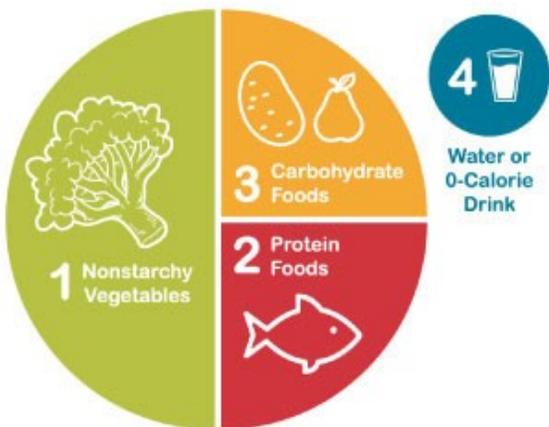
Directions

1. Slice English muffins in half. Toast until slightly brown.
2. Cover each muffin with 1 Tablespoon sauce and 1 Tablespoon cheese. Add your favorite toppings.
3. Bake on a cookie sheet at 425° F for 8-10 minutes or until cheese melts. Refrigerate leftovers and reheat as needed.

Recipe from <https://eatfresh.org/recipe/main-dish-snacks/mini-pizza/>

Nutrition Facts	
Serving Size 2.00	
Serving Per Container 6	
Amount Per Serving	
Calories 200	
	% Daily Value*
Total Fat 4 g	5%
Saturated Fat 1.5 g	8%
Sodium 540 mg	23%
Total Carbohydrate 29 g	11%
Dietary Fiber 5 g	18%
Protein 13 g	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:



The amount of carbohydrates (carbs) that someone may be recommended to eat in a day depends on multiple factors - age, body size, activity level, and medicines taken. To determine how many carbs you should be eating, please follow-up with your doctor, registered dietitian, or certified diabetes care and education specialist. The American Diabetes Association created *Diabetes Plate Method* is an easy tool to assist with creating a balanced meal to manage blood sugar.

Learn more at diabetes.org | 1-800-DIABETES (800-342-2383)