



Cornell University
Cooperative Extension
New York City



Mini Veggie Pizza

Ingredients:

- 5 English muffins (or bagels)
- 1 small zucchini
- 1 green or red bell pepper
- 1 8-ounce package part-skim mozzarella cheese
- 1 8-ounce can of tomato sauce
- 1/2 teaspoon dry oregano

Directions:

1. Slice English muffins in half. Place them on a baking sheet, and toast lightly in oven or toaster oven.
2. Wash zucchini and bell pepper. Grate zucchini. Chop pepper into small pieces.
3. Grate mozzarella cheese.
4. Top each muffin in half with 1 tablespoon of tomato sauce. Add grated zucchini, chopped pepper, and grated cheese. Sprinkle with oregano.
5. Broil in oven until cheese is melted (about 2 minutes).

Yields 10 mini pizzas

Source: Cornell University Cooperative Extension in New York City

Nutrition Facts

servings per container
Serving size 1 mini pizza (103g)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 400mg	17%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 1g Added Sugars	2%

Protein 9g	
Vitamin D 0mcg	0%
Calcium 215mg	15%
Iron 1mg	6%
Potassium 159mg	4%

*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.



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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