Garden Mini Pizzas

Grocery List

* 5 Whole Wheat English Muffins, halved
* 1 ½ C shredded Mozzarella Cheese
* ¼ C Red Onion, diced
* ¼ C Green Pepper, diced
* ¼ C Roma Tomatoes, seeded / diced
* 2 Tbsp. fresh Parsley, chopped
* 3 cloves Garlic, minced
* 3 Tbsp. EVOO
* ¾ C Tomato Sauce
* ¾ Tsp. dried Oregano
* Sea Salt / Black Pepper

Prep Time: 12 – 15 Min

Cook Time: 25 Min



1. Preheat oven to 425 F
2. Bring a small saucepan to temperature on just below medium. Pour in the EVOO and give it a second to heat up before adding in the garlic. Give a pinch of sea salt / black pepper and fry 2 minutes.
3. Stir in the dried Oregano and continue frying another 3 minutes stirring often.
4. Pour in the tomato sauce and another pinch of sea salt / black pepper. Bring to a mild boil and reduce heat to medium low and cover. Cook 10 minutes partly covered.
5. Line a baking sheet with the halved English muffins. (If frozen, bake for 2 minutes prior to topping) Using a teaspoon, start with half a tsp. right in the center of the muffin and swirl around from the middle out. Add a little more if needed.
6. Once all muffins are sauced, spread the cheese evenly between the muffins followed by the diced veg.

\*\*\*\*It is important to dice the vegetables all very similar in size and quite small for this recipe. If they are too large they won’t cook in the allotted time and if they are different sizes they will cook unevenly.

1. Place baking sheet in oven and bake 10 – 12 minutes.
2. Garnish with the fresh, chopped parsley.