

English Muffins Pizzas

Ingredients:

½ English muffin (try whole-wheat)
2 Tablespoons shredded low-fat cheese
2 Tablespoons pizza or other tomato sauce
Favorite chopped vegetables

Directions:

1. Lightly toast muffin under broiler or in a toaster oven.
2. Spread 2 tablespoons of pizza sauce on muffin.
3. Top with cheese. Broil in oven or toaster oven until cheese is bubbly.
4. Add chopped mushrooms, onions, broccoli, green peppers or other favorite vegetables.
5. Let cool slightly and serve.

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