

Personal Pizza

Try topping with a variety of fruits and vegetables such as onions, bell peppers, mushrooms, pineapple, and tomato. Add cut up cooked meat like chicken or sausage.

Makes: 1 Serving

Source: [FoodHero.org recipe/my personal pizza](https://www.foodhero.org/recipe/my-personal-pizza)

Ingredients

- 1/2 english muffin
- 1 1/2 teaspoons spaghetti or pizza sauce
- 1 tablespoon grated cheese
- 4 tablespoons chopped vegetables, fruits, and/or cooked meat

Directions

1. Preheat oven to 400 degrees.
2. Lightly toast English muffin.
3. Spread with spaghetti sauce or pizza sauce.
4. Add cheese and pizza toppings of your choice.
5. Bake 5-7 minutes until muffin is lightly browned and cheese is melted.
6. Allow to cool slightly before eating.
7. Refrigerate leftovers within 2 hours.

Utensils Needed

- Spoon for spreading sauce
- Oven
- Cutting Board
- Knife
- Serving Plate



Small Changes,
BIG Difference!

Click image to watch the recipe video



Nutrition Information

Serving Size: 1 Pizza	
Nutrients	Amount
Calories:	110
Total Fat:	2 g
Saturated Fat:	1 g
Cholesterol:	5 mg
Sodium:	260 mg
Total Carbohydrates:	18 g
Dietary Fiber:	1 g
Total Sugars:	2 g
Added Sugars:	0 g
Protein	5 g
Vitamin D	0 mcg
Calcium	82 mg
Iron	1 mg
Potassium	182 mg

SHOPPING LIST

Average total cost without oil and seasonings: \$8.72

Average cost/serving: \$0.73

Recipe Makes: 1 Serving, Ingredients listed makes about 12 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Whole Wheat English Muffins



Add 1 to Cart
Sliced Pepperoni (or other
meat of your choice)



Add 1 to Cart
Pizza Sauce 14 oz



Add 1 to Cart
Fresh Basil (or other
vegetables/fruits of your
choice)



Add 1 to Cart
Shredded Italian Cheese 8 oz

SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips

- Add your favorite spices and herbs for added flavor.

Storage Tips

- Freeze in an airtight container if eating at another time