



Vegetarian Recipe

English Muffin Pizza

Ingredients:

- 1 light English muffin
- ½ cup 2% shredded cheese of choice
- 3 tablespoons pizza sauce
- ½ cup sliced mushrooms
- ¼ cup chopped green and red peppers
- 5 slices of "Meatless" pepperoni



Directions:

1. Preheat oven to 375 degrees
2. Cut English muffin in half
3. Spread pizza sauce on the English muffins
4. Top with ¼ cup cheese (between the two slices of English muffin)
5. Top with veggies
6. Finish topping with the remaining cheese and pepperoni
7. Place in oven for 10-11 minutes (or until cheese is melted and browned on the edges)

Nutrition Information:

Whole Recipe: 296 calories, 21 grams protein, 36 grams carbs, 9 grams fat

www.healthystepsnutrition.com