

Make Your Own Pizza *Makes 2 servings*

- 2 English muffins, split
- 1/2 cup pizza sauce
- 1/2 cup part skim Mozzarella cheese, shredded
- 4 Tablespoons chopped green bell pepper
- 4 Tablespoons sliced mushrooms, fresh or canned
- Other vegetable toppings as desired (optional)
- Italian seasoning (optional)



1. Toast the bread or English muffin until slightly brown.
 2. Top bread or muffin with pizza sauce, vegetables and low-fat cheese.
 3. Sprinkle with Italian seasonings as desired.
 4. Return bread to toaster oven (or regular oven preheated to 350 degrees).
 5. Heat until cheese melts.
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