



# PROJECT: GET IT DONE TOGETHER

## English Muffin Pizza

*Adult Supervision Required | Nut free*

### **Ingredients:**

- 1 100% whole wheat English muffin
- 1-15.5 ounce can any kind chopped tomatoes or slices of fresh tomatoes
- 1 ounce part skim grated mozzarella cheese

### **Instructions:**

1. Toast English muffin and place on a tray.
2. Add 2 tablespoons or so of chopped tomatoes or a slice of fresh tomato.
3. Add cheese to both halves and broil in toaster oven until cheese is melted

*Makes 2 servings*

**Total time:** 10 minutes

### **Nutrition facts per serving:**

For 1/2 English muffin = 86 calories, 2.8 g fat, 1.4 g saturated fat, 11.4 g carbohydrates, 1.7 g sugar, 5.9 g protein, 3 g fiber, 203 mg sodium

Source: [snack-girl.com/snack/healthy-english-muffin-pizza](http://snack-girl.com/snack/healthy-english-muffin-pizza)