



**Dart's Dish** on healthy eating!



# Little Pizzas

**Ingredients:** 1/2 of an English muffin, 2 tbsp. pizza sauce, 1 Tbsp. shredded lowfat mozzarella cheese, sliced vegetables

**Directions:** Preheat oven at 425 degrees. Spread pizza sauce on muffin and top with cheese. Arrange vegetables on top in a fun design. Heat in oven for about five minutes or until cheese is melted.

**Modification:** Add other toppings to expand childrens tastes. Some easy starters include pineapple and grilled chicken.

**FAMILY ENGAGEMENT**