



Very Veggie Pizza

Prep time: 15 minutes | Cooking time: 5 minutes | Number of servings: 8

- 4 whole wheat English muffins, split open
- Food \$ense Pizza Sauce (see back)
- 1 cup shredded mozzarella cheese
- 1 green pepper, thinly sliced
- 1 (15-ounce) can pineapple tidbits in juice, drained
- 1 (15-ounce) can black beans, drained
- Vegetable oil cooking spray

Directions

1. Preheat oven to 350° F.
2. Spread 2 tablespoons pizza sauce on each English muffin half.
3. Sprinkle 2 tablespoons grated mozzarella cheese on each English muffin half.
4. Divide pepper slices, pineapple, and beans evenly among pizzas.
5. Place pizzas on cookie sheet and place in pre-heated oven. Bake for 5 minutes or until cheese starts to melt.



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Nutrition Facts (Serving size ½ English muffin): Calories-180; Protein-10g; Carbohydrate-31g; Total Fat-4g; Saturated Fat-2g; Fiber-6g; Sodium-400mg; Vitamin C-35%; Vitamin A-8%; Iron-10%; Calcium-15%

Adapted from Washington State University Extension Food \$ense, Junior Chef I Curriculum

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- 1 green pepper, thinly sliced
- 1 (15-ounce) can pineapple tidbits in juice, drained
- 1 (15-ounce) can black beans, drained
- Vegetable oil cooking spray



Nutrition Facts (Serving size 2 tablespoons): Calories-15; Protein-1g; Saturated Fat-0g; Total Fat-0g; Sodium-80mg; Vitamin C-6%; Vitamin A-6%; Iron-2%; Calcium-0%

Adapted from Washington State University Extension Food Sense

Food Sense Tips

- Kids love to make their own pizzas. Let them pick their own toppings and watch the fun begin. Bell peppers, olives, mushrooms, onions, and lean meat are all popular choices.
- Store leftover pizza sauce in the fridge for up to a week. It can be added to pasta or used on top of baked fish.



2. Stir until all are mixed together.

1. Place all ingredients for the pizza sauce in a small bowl.

Directions

Prep time: 5 minutes | Cooking time: 0 minutes | Number of servings: 14

1 (6-ounce) can tomato paste
1 (8-ounce) can tomato sauce
1 teaspoon dried oregano
1 teaspoon dried basil
1/8 teaspoon sugar

KID-TESTED SNACKS

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- 1 (8-ounce) can tomato sauce
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/8 teaspoon sugar

Directions

1. Place all ingredients for the pizza sauce in a small bowl.
2. Stir until all are mixed together.



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- Store leftover pizza sauce in the fridge for up to a week. It can be added to pasta or used on top of baked fish.

Nutrition Facts (Serving size 2 tablespoons): Calories-15; Protein-1g; Carbohydrate-3g; Total Fat-0g; Saturated Fat-0g; Fiber-1g; Sodium-80mg; Vitamin C-6%; Vitamin A-6%; Iron-2%; Calcium-0%

Adapted from Washington State University Extension Food Sense