

Recipe from RecSports – September

English Muffin Minis

Finding time to cook a full meal can be a challenge for busy college students. That's why this recipe is easy-peasy and takes about 15 minutes from start to finish. It's quick, simple and yummy of course.

What you need:

2-3 English muffins, split in half (depending how hungry you are!)

14 ounces pizza sauce (1 large can)

Sliced pepperoni

1 cups shredded mozzarella cheese

1 can (2.25-oz.) sliced black olives, drained

Other pizza toppings – mushrooms, onion, peppers, spinach, pineapple, go nuts!

What you do:

-Preheat oven to 400°F.

-Line a baking pan or baking sheet with aluminum foil (if you use a microwave, DO NOT use foil)

-Spread out muffin halves in baking pan and spoon 2 to 3 tablespoons pizza sauce on each.

-Cover with pepperoni slices and sprinkle on cheese and olives.

-Bake for 10 minutes or until cheese is bubbly. (2 minutes in microwave)

**Microwaving is also an option; just keep your eye the melting cheese, and NEVER put foil in the microwave

Adding veggies and fruit to your pizza helps make the minis a well-rounded meal that hits all the nutritional notes.

Combine a mini-pizza with a piece of fruit or a veggie of your choice and you've got a simple and tasty meal that won't bust your wallet or your waistline.