

## **Mini\_Pizzas**

- 6 whole wheat English muffins, cut in half
- 1 ½ cups pizza sauce/thick tomato sauce
- ¼ cup finely chopped onion
- ¼ cup finely chopped green pepper
- ¼ cup finely chopped, or sliced, mushrooms (2 large)
- 1 cup grated cheese
- Dried basil
- Dried oregano
- Salt and pepper

1. Preheat oven to 350F
2. Place English muffin halves on a baking sheet
3. Spread tomato sauce on each muffin half.
4. Sprinkle with basil, oregano, salt and pepper, to taste.
5. Put onion, green pepper and mushrooms on top of each muffin half.
6. Sprinkle with cheese.
7. Bake until hot and bubbly, about 20 to 25 minutes.

*Excellent source of: folate*

*Good source of: thiamine, niacin, calcium, and iron*

*A source of: fibre*

## **Task List for Mini Pizzas**

- Chop: onions, peppers, mushrooms
- Grate cheese
- Cut muffins in half
- Assemble “pizzas” according to one’s own preferences
- Clean off table, and bring out cutlery and water jug
- Jan will wash and dry prep items and watch the oven while Lori discusses unexpected outcomes and pain, etc
  
- Clear off and wash dishes
- Put table away

