



# After-School Mini Pizzas



- 1 whole-wheat English muffin or bagel**
- pizza sauce, spaghetti sauce, or tomato puree**
- grated mozzarella cheese**
- black olives, sliced**
- Red, yellow, or green peppers, sliced into rings**
- Chopped ham or turkey**
- Pineapple chunks**

1. Wash your hands with soap and water.
2. Cut the muffin or bagel in half crosswise. Toast it in a toaster or oven.
3. Spread sauce on the muffin or bagel.
4. Add the toppings of your choice, sprinkling with cheese last.
5. Bake at 350°F (177°C) for about 10 minutes or until the cheese has melted.

