

For Kids! English Muffin Pizza & Orange Wedges ~ choose one side item to complete your meal

English Muffin Pizza

Serves 6

3	English muffins
3/4 cup	Tomato sauce
1 tsp	Dried basil
1 tsp	Dried oregano
1/4 tsp	Red pepper flakes (optional)
2 cups	Mozzarella cheese, part skim, shredded



Get out a flat baking pan or cookie sheet. With a dull kitchen knife, cut English Muffins in half through the middle. Spoon 1 tablespoon of tomato sauce onto each muffin half and spread out. Sprinkle with dried basil, dried oregano and red pepper flakes (just a little, it's hot). Finally, sprinkle with shredded cheese. With an adult's help, place pan into the oven. Cook for 6-8 minutes, until muffin is a little brown and cheese is bubbly. With an adult's help, remove pan from the oven.

Note: One half pizza is a moderate portion for children 10 years and under.

Note: For more fun and nutrition, you can decorate the pizza with chopped, colorful vegetables or cooked lean ground beef. Add these just before the cheese.

English Muffins on sale

Part-skim Mozzarella cheese on sale

Fresh navel oranges on sale

Recipe Nutrition per serving (basic pizza recipe)

178 calories; 13 gm protein; 16 gm carbohydrate; 7 gm total fat; 4 gm saturated fat; 0 trans fat; 20 mg cholesterol; 2 gm fiber; 481 mg sodium

To Make Orange Wedges: Cut oranges in half. Cut in half again. Cut in half again. There are 8 small wedges per orange.

Side Items:

1. Steamed Fresh Cabbage – Affordable, staple ingredient: Fresh cabbage, red or green, or a mixture of red and green.

To Make: Wash fresh cabbage in tap water. Get out a cutting board and knife and then cut thin strips of cabbage. Cut into 2 inch length pieces and place in a saucepan. Add 1/4-1/2 cup water and a lid. Cook on medium heat until cabbage is fork-tender. Drain water, drizzle with a tiny bit of olive oil, and dust with salt and/or pepper to taste.

2. Lemony Cauliflower or Broccoli – Affordable, staple ingredient: Lowes Foods Brand frozen cauliflower or broccoli spears.

To Make: Cook frozen cauliflower or broccoli according to package directions. Drain water. Sprinkle grated lemon zest (lemon's outer skin) over the top. Dust with salt and pepper to taste.

3. Grilled Sweet Potato Chunks – Affordable, staple ingredient: Fresh sweet potatoes.

To Make: Wash potatoes well in cool tap water. Cut into large, bite-size chunks. Measure sheets of aluminum foil about 10 x 12 inches large and then spray lightly with cooking oil spray. Place 4-6 potato chunks in the center of the foil and add a tiny bit of butter, salt and pepper. Fold 2 ends of the foil up to make a tent and pinch closed. Close other 2 ends of foil. Place on grill at medium high heat for 8 -12 minutes, until tender when poked with a fork.

Note: May cook potatoes in a 400 degree oven (foil packets on a baking sheet) rather than on the grill.