

English muffin veggie pizza



Recipe credit

Adapted from the United States Department of Agriculture's [English Muffin Veggie Pizza](#)

About this recipe

Serves

4

Serving size

1/4 of prepared recipe

Time to make

10 minutes preparation; 15 minutes cook time

Special criteria

[Vegetarian recipes](#)

Ingredients

- 1 cup broccoli, chopped
- 1 tablespoon water
- 4 English muffins
- 1 cup pizza sauce or spaghetti sauce
- 1/2 cup part skim mozzarella cheese, shredded
- 3 tablespoons carrot, shredded
- 1 teaspoon Parmesan cheese, grated

Directions

1. Place broccoli and water in a small glass bowl or casserole dish.
2. Cover and microwave on high for 2 to 2 1/2 minutes. Check — the broccoli should be fork tender. If not, recover and allow broccoli to sit until it is done.
3. Strain water from broccoli and allow it to cool.
4. Cut 4 English muffins in half. Toast the 8 muffin halves.
5. Spoon 2 tablespoons pizza sauce over each English muffin half.
6. Sprinkle 1 tablespoon shredded mozzarella cheese on top of each half.
7. Put 2 tablespoons broccoli and 1 teaspoon shredded carrots on top of each half.
8. Sprinkle each half with 1 teaspoon grated parmesan cheese.

Tips and variations

- Try this recipe with whole grain English muffins or try whole grain thin-style bagels.
- Substitute any vegetables that you have on hand, such as onions, peppers, tomatoes, zucchini, etc.. Chop the vegetables finely and pre-cook any hard vegetables, following the broccoli instructions.

Nutritional info

Calories

240

Total fat

5 g

Saturated fat

2 g

Sodium

340 mg

Total carbohydrates

40 g

Dietary fiber

7 g

Protein

13 g

Allergens

Dairy

Wheat

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