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English Muffin Pizza

(makes 4 mini pizzas)



- 2 English muffins (100% whole wheat)
- 4 tablespoons tomato puree
- 1 teaspoon fresh chopped garlic
- ¼ teaspoon dried oregano
- ¼ teaspoon dried basil
- 4 tablespoons part-skim mozzarella
- 4 tablespoons chopped frozen broccoli
- 4 tablespoons chopped onions
- ¼ cup chopped frozen spinach

- Half and toast English muffins.
- Spread each half with 1 tablespoon tomato puree.
- Season with garlic, basil and oregano
- Top each muffin half with 1 tablespoon of cheese.
- Brown into a preheated 375° F oven for 15 minutes.

Nutrition Facts	
Serving Size (57g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	4%
Cholesterol 5mg	2%
Sodium 260mg	11%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	10%
Sugars 4g	
Protein 5g	
Vitamin A 2%	Vitamin C 4%
Calcium 15%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Other Vegetable Topping ideas:
 Bell peppers, mushrooms, black olives, etc.