Mini Pizzas

These little pizzas are fully customizable and help showcase fresh produce from farmers in our county. Feel free to change the toppings to fit your moods, and better yet, kids can make these snacks at home with minimal parental supervision, when you don’t bake them.

For one personal pizza

1 loaf of Pita Bread or 1 English Muffin, any flavor (use whole wheat for more fiber)

2 tablespoons pizza sauce (any brand)

4 tablespoons shredded pizza cheese or mozzarella cheese

½ cup (*use ¼ cup for the English Muffin)* of your favorite vegetable toppings, such as onion, bell pepper, green chili peppers, pineapple, ham, artichoke, feta cheese, tomato, chopped fresh spinach, leftover cooked chicken, pepperoni, olives

Carefully split the Pita or English Muffin in half, so you have two round halves. Top each half with your pizza sauce. Add your favorite toppings, and sprinkle with cheese.

**Microwave**: Microwave on high for 30-seconds or until cheese melts.

**Toaster Oven**: Or place on aluminum foil and bake in a toaster oven until the cheese is melted.

Be careful, the pizza will be hot!

*Don’t use a toaster because the toppings will melt and make a mess!*

**For Cheese Pizza**

*Skip the veggies on top of the pizza and make a salad instead*

**For Pepperoni Pizza**

*Be sure to add 2-3 slices of pepperoni to your pizza, just be careful because pepperoni adds salt and fat to the pizza*

To make Pizza when your parents aren’t able to help, just don’t bake the pizza because the heat can be dangerous!

Recipe Created by Kimberly Schaub

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[www.jkschaub.blogspot.com](http://www.jkschaub.blogspot.com)