

Easy English Muffin Pizzas

Most kids don't even get close to their daily fiber needs, and this is one recipe which offers five grams of fiber per serving, yet my children are mostly focused on how good it tastes! It's also packed with whole grain goodness and phytonutrients, plant-based compounds that offer immune protection and health benefits. If you have any left-over mushroom meat sauce, serve it over whole-grain pasta with a side salad for tomorrow's dinner.

**MAKES 8 SERVINGS (2 PIZZA HALVES EACH)
PREPARATION TIME: 25 MINUTES**

Ingredients

2 tablespoons olive oil
¼ small onion, finely chopped
2 garlic cloves, minced
6 ounces mushrooms, finely chopped
1 tablespoon soy sauce
1 teaspoon balsamic vinegar
8 ounces 99% lean ground turkey
½ teaspoon Italian seasoning
1½ cups pizza sauce
Dash black pepper
8 whole-wheat English muffins (16 halves)
1 cup low-fat shredded mozzarella cheese

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About the Recipe Author

Recipe by Melissa Halas, MA, RDN, CDE, author of the Super Crew kids' book series, and founder of SuperKidsNutrition.com, the first kids' nutrition mega website, created in 2006.



Instructions

1. In a large skillet, heat olive oil over medium heat. Add onion and garlic, and sauté for 3 minutes.
2. Add mushrooms, soy sauce, and balsamic vinegar, and sauté for 2 minutes.
3. Add ground turkey. Cook over medium heat until no longer pink, about 7 minutes, using a spatula to break apart. Stir in Italian seasoning.
4. Add pizza sauce and black pepper, and mix over low heat for 3 minutes.
5. Preheat oven to 400°F.
6. Separate whole English muffins into 16 halves, place on a baking sheet, and toast for 2 minutes.
7. Top each muffin half with about 3 tablespoons of the pizza sauce mixture and 1 tablespoon shredded cheese.
8. Place in the oven, and cook for 5 minutes, until cheese melts.

Nutritional Analysis (1 whole English muffin pizza): 259 calories, 31 g carbohydrate, 5 g fiber, 7 g total sugar, 0 g added sugar, 16 g protein, 10 g fat, 3 g saturated fat, 29 mg cholesterol, 435 mg sodium

