

## Mini Cheese Pizzas

*Compare the price of these mini pizzas with those frozen ones at the grocery store that contain high amounts of sodium and fat. These yummy pizzas are full of healthy vegetables. They are easy and fun to make so let the kids help out in making their own.*

### **Ingredients:**

1 zucchini, grated  
1 bell pepper, sliced  
Fresh spinach leaves  
Marinara sauce  
Mozzarella cheese, grated  
Whole wheat pita bread



### **Directions:**

Preheat the oven to 350 degrees. Spread marinara sauce onto pitas. Place spinach leaves, bell peppers and grated zucchini over the sauce. Then sprinkle grated cheese over the veggies. Put pizzas onto a baking sheet and pop them in the oven. Bake until the cheese has melted (approximately 5-10 minutes). Keep a close eye on them so they don't burn! Pull them out and enjoy.

\*Note that you can top the pizzas with all kinds toppings. You can try mushrooms, onions, olives, and pineapple for example. You can also try it on sliced bread if you do not have pitas. Experiment!

### **More nutrition information about this recipe:**

- Mozzarella cheese contains calcium
- Bell peppers contain vitamin C
- Spinach is full of vitamin A, C and folate
- Zucchini contains manganese and vitamin C