

Mini Broccoli Pizza



Ingredients:

- whole wheat English muffin halves
- part-skim mozzarella cheese
- broccoli florets, cut into small pieces
- tomato or pasta sauce



Directions:

- 1 Place broccoli florets in a colander over a pot of boiling water. Let steam until florets turn bright green and stems are very soft.
- 2 Spread a spoonful of pasta or tomato sauce over an English muffin half.
- 3 Top with several broccoli floret pieces.
- 4 Sprinkle with cheese.
- 5 Bake in oven at 350 degrees until cheese melts.





Tips:

Steam broccoli floret pieces until stems are soft to ensure that young children are able to fully chew the floret pieces.

Cut floret pieces into small pieces no larger than $\frac{1}{2}$ inch to prevent choking.