Mini Broccoli Pizza

**Ingredients:**

- whole wheat English muffin halves
- broccoli florets, cut into small pieces
- part-skim mozzarella cheese
- 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 ½ inch to prevent choking.