Ingredients:
- 1 whole wheat English muffin, halved
- 2–3 Tablespoons tomato sauce
- handful of broccoli florets, cut into small pieces no larger than ½ inch
- shredded part-skim mozzarella cheese or reduced fat cheese

SAFETY TIPS!
-* Keep children away from a hot stove.
-* Cut broccoli into pieces no larger than 1/2 inch to prevent choking.

Directions:
1. Preheat oven to 350 degrees.
2. Have your child spread tomato sauce on each English muffin half.
3. Have your child decorate the English muffin with several small broccoli pieces.
4. Sprinkle mozzarella cheese or reduced-fat cheese over the mini pizzas.
5. Bake for a few minutes until cheese is melted and the English muffin is crispy.

REMEMBER: Your children are more likely to try a new food if you try it with them!
° broccoli, either one head fresh, or one 16 oz. bag frozen
° shredded part-skim mozzarella cheese or reduced fat cheese of choice
° tomato sauce
° whole wheat English muffins

USDA is an equal opportunity provider and employer. This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-432-6217.