



# Seasonal Recipe



## Mini Pizza

**Servings: 6 Prep time: 5-10 min Cook time: 10-15 mins**

### INGREDIENTS

**1 medium red or green bell pepper**

**8 ounces of mushrooms**

**1 large tomato**

**4 ounces of mozzarella cheese**

**6 whole grain English muffins**

**1 tablespoon olive oil**

**1/2 teaspoon dried oregano**

**1/2 teaspoon dried basil**

**1 (8-ounce) can tomato sauce**

**\*\* Use any seasonal veggies you like. Examples: onions, kale, squash\*\***

### DIRECTIONS

- 1. Preheat oven to 450 degrees F.**
- 2. Rinse bell pepper, mushrooms, and tomato.**
- 3. Remove core and dice bell pepper and tomato. Dice mushrooms.**
- 4. Split English muffins in half. Place them on baking sheet and bake until lightly brown.**
- 5. In a large skillet over medium heat, heat olive oil. Add peppers and mushrooms. Cook for 5 minutes.**
- 6. Transfer veggies to a medium bowl. Add tomatoes. Stir to combine.**
- 7. In a small bowl or the sauce can, add spices to tomato sauce.**
- 8. When muffins are lightly browned, remove from oven. Add spoonful of sauce over each muffin half. Coat evenly.**
- 9. Layer veggies evenly over sauce. Top with shredded cheese.**
- 10. Bake until cheese is melted and bubbly, about 6-8 minutes.**

FreshRx for Mothers-to-Be provides pregnant women with Medicaid \$24 each week to buy fresh fruits and vegetables at the Franklin County Farmers Market. To learn more, stop by the Market on Tuesdays or Saturdays, 8:30 am - 12 noon, or visit [www.fcmarket.org](http://www.fcmarket.org).

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