

Spinach and Ham English Muffin Pizzas



Ingredients:

- 2 whole-wheat English muffins, split in half
- 4 tablespoons frozen chopped spinach, thawed and drained
- 6 tablespoons jarred pizza sauce
- 2 ounces lower-sodium, deli style ham
- ½ cup reduced-fat, shredded mozzarella

Directions:

1. Preheat oven to 425 degrees F.
2. Top each English muffin half with 1 tablespoon spinach, 1 ½ tablespoons pizza sauce, ½ ounce ham and 2 tablespoons mozzarella cheese.
3. Bake pizzas for 8 minutes or until cheese is golden brown on top.