



Bell Pepper Pizza



Prep Time: 5 minutes Cook Time: 3 minutes Makes: 2 mini pizzas

INGREDIENTS

- 1 large bell pepper
- 1/4 cup tomato sauce
- 1/4 cup grated cheese
- 1/4 cup veggie toppings of your choice (e.g. thinly sliced mushrooms, broccoli, zucchini, cauliflower, or frozen corn or green beans)
- Pinch of red pepper flakes
- Pinch of dried basil or parsley

VARIATIONS

- Try swapping out the ingredients in this recipe with something seasonal and save money too! Such as: brussels sprouts, carrots, kale, cauliflower, mushrooms.

DIRECTIONS

- **CUT** the pepper into two sections vertically. Carefully **REMOVE** the seeds and veins.
- **MEASURE** the tomato sauce and equally **ADD** to each section of the pepper.
- **MEASURE** the grated cheese and **DIVIDE** amongst pepper sections
- **ADD** the veggie toppings of your choice (as much as you can fit) to each pepper section.
- **PLACE** in the microwave for 2 minutes. (OPTIONAL: **COVER** with a paper towel to avoid splattering.) **COOL** in microwave for 1 minute.
- **SPRINKLE** a pinch of red pepper flakes and basil or parsley.
- **ENJOY** as a quick and easy lunch or snack with friends!