

## MUFFIN-STYLE CHEESEBURGER PIZZA

*Total preparation & cooking time: 30 minutes*



- 6 English muffins, split**
- 3/4 pound ground beef (95% lean)**
- 1 cup pasta sauce, any variety**
- 1/2 cup diced red bell pepper**
- 1/4 cup diced onion**
- 1 tablespoon dried Italian seasoning**
- 1/4 teaspoon salt**
- 1/2 cup shredded reduced-fat Cheddar cheese**
- 1/4 cup shredded low-moisture part skim mozzarella cheese**

1. Heat oven to 400°F. Place English muffin halves on two baking sheets; bake 5 minutes.
2. Meanwhile, brown ground beef in large nonstick skillet over medium heat 8 to 10 minutes, breaking beef into small crumbles, stirring occasionally. Add pasta sauce, bell pepper, onion, Italian seasoning and salt; continue cooking 5 minutes or until vegetables are crisp-tender, stirring occasionally.
3. Top each muffin half with 1/4 cup beef mixture and 1 tablespoon combined cheeses. Bake 5 to 7 minutes or until cheese is melted.

**Makes 6 servings.**

**Nutrition information per serving:** 283 calories; 8 g fat (3 g saturated fat; 2 g monounsaturated fat); 42 mg cholesterol; 670 mg sodium; 31 g carbohydrate; 2.9 g fiber; 21 g protein; 5.4 mg niacin; 0.3 mg vitamin B<sub>6</sub>; 1.3 mcg vitamin B<sub>12</sub>; 3.2 mg iron; 11.2 mcg selenium; 3.8 mg zinc; 42.8 mg choline.

This recipe is an excellent source of, protein, niacin, vitamin B<sub>12</sub>, and zinc; and a good source of fiber, vitamin B<sub>6</sub>, iron and selenium.



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