English Muffin Pizzas!!

Ingredients:

|        | English muffins | 80mL | Tomato pizza Sauce | 1/3 cup | 125mL | shredded mozzarella cheese | 1/2 cup | 1/4 | bell pepper, diced (green, red, orange) | 1/4 | 1-2 | mushrooms, diced | 1-2 | ½ | tomato, diced | ½ | 4-6 pieces | pineapple chunks | 4-6 pieces | 4-6 pieces | pepperoni OR Ham | 4-6 pieces |
|--------|-----------------|------|---------------------|---------|-------|-----------------------------|---------|-----|----------------------------------------|------|-----|-------------------------------|------|    |----------------|-----|----------|-------------------------------|----------|----------|-------------------------------|----------|

Method:

1.) Set oven rack to the top.
2.) Preheat oven to “Broil 2” or “Broil High”.
3.) Split apart English Muffins and toast until lightly browned (using a toaster).
4.) Place, cut side up, on lightly greased or foil-lined baking sheet.
5.) Spread each half with about 1-2 tbsp (15-30 mL) of the sauce.
6.) Sprinkle each with toppings and 2 tbsp (30 mL) of the cheese.
7.) Broil in the oven until cheese is bubbly, about 2-4 minutes.
8.) Let cool slightly before eating.

Demo Day Questions:

Which Food Groups are represented in this meal?

How could you make this pizza recipe more healthy? What could you add/remove?