

Lentil Pizza Buns

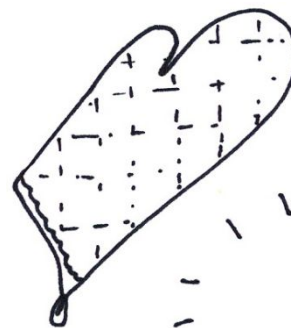
12 Servings

Ingredients

- 6 whole wheat english muffins
- ½ cup canned lentils (drained and rinsed)
- ¾ cup canned tomato sauce
- ½ tsp dried basil (optional)
- ½ tsp oregano (optional)
- ½ tsp cumin (optional)
- ½ tsp garlic powder (optional)
- 1 ½ cups shredded mozzarella cheese

Directions

1. Preheat oven to 350°F
2. In a medium bowl, mix together lentils, tomato sauce and spices (optional). *can mash the lentils in sauce or leave whole*
3. Lay english muffin halves out on sheet pan, add 1-2 tbsp of lentil tomato sauce onto each half.
4. Sprinkle mozzarella cheese on top, approx. 2 tbsp for each half.
5. Bake in the oven for 5 minutes and finish by broiling for 2 minutes or until cheese is bubbling.



Switch it up!

Instead of english muffins try:

- bagels
- pita
- naan
- baguette

rolls/buns tend to break apart when baking with sauce

If you are making pizza or tomato sauce for pasta, try adding canned lentils to the sauce for added nutrition.

Thank you to Glenwood School for the recipe!