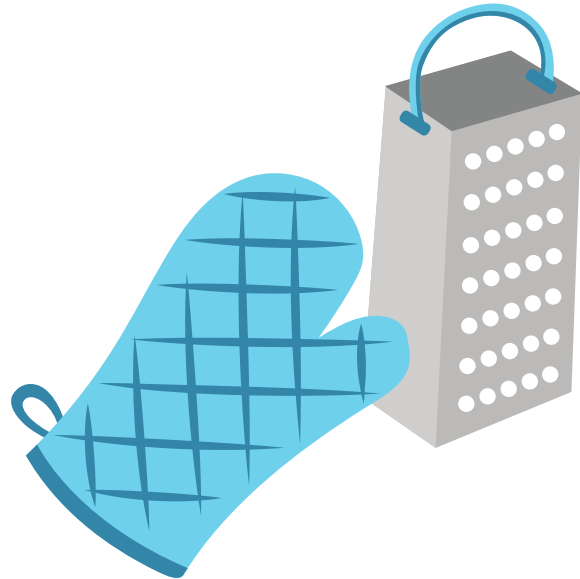


LENTIL PIZZA BUNS

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 cheese



DIRECTIONS

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

**Thank you to Glenwood
School for the recipe!**