

Heart Healthy Recipe - Spinach and Ham English Muffin Pizzas

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Healthy home-cooked meals don't have to be a burden. You can make this recipe in less than 20 minutes!

Spinach and Ham English Muffin Pizzas

Here's all you need to make this healthy dinner:

2 whole wheat English muffins, split in half

4 tablespoons frozen chopped spinach, thawed and drained

6 tablespoons jarred pizza sauce

2 ounces low sodium deli style ham

1/2 cup reduced fat shredded mozzarella cheese

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Preheat oven to 425 degrees F.

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Top each English muffin half with 1tbsp spinach, 1 1/2 tbsp pizza sauce, 1/2 oz ham, 2 tbsp low-fat cheese

Bake pizzas for 8 minutes or until cheese is golden brown