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Savory Pizza Cups

These pizza-style bites provide familiar comfort with a balanced approach to nutrition - they have protein-rich ingredients and are baked instead of fried. These bites offer energy and satisfaction in a portion-friendly format. Melted cheese and classic pizza seasonings deliver all the cozy, cheesy flavor everyone loves in every bite.

Yield: 12 muffins

Ingredients:

- 1 ½ cups all-purpose flour
- ½ cup yellow cornmeal
- 2 teaspoons baking powder
- 1 ½ teaspoons dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon fine salt
- ½ cup shredded mozzarella cheese or “pizza blend” cheese
- ¼ cup sliced canned black olives
- 2 eggs
- 1 ½ cups 2% milk
- ¼ cup pizza sauce, plus additional sauce for topping

Directions:

1. Preheat the oven to 375°F.
2. In a bowl, combine the flour, cornmeal, baking powder, oregano, garlic powder, onion powder, and salt. Add the shredded cheese and black olives to the flour mixture; toss together.
3. In a separate bowl, combine the eggs, milk, and pizza sauce. Mix the wet ingredients into the dry ingredients just until incorporated (avoid over-mixing, which will result in muffins that are tough and dense).
4. Divide the batter among 12 standard-size muffin cups sprayed with pan spray.
5. Using a knife, swirl 1-2 teaspoons of additional pizza sauce into the top of each muffin and top with additional cheese and a few sliced black olives.
6. Bake for 20-25 minutes or until centers are set. Remove from the muffin pan and let cool slightly before eating. Enjoy warm, chilled, or at room temperature.

Recipe notes:

- For a gluten-free option, substitute gluten free flour for all purpose flour.
- To add more veggies, saute ½ chopped bell pepper, ½ chopped onion and 1 cup white sliced mushrooms in 2 tsp. oil until softened. Add to Step 2.

Nutrition info per serving:

Calories: 130 Saturated Fat: 1.2g, Sodium: 170mg, Added sugars: 0g, Fiber: 1.4g, Protein: 5.5g

Adapted from: <https://therealfooddietitians.com/pizza-muffins-recipe/>



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