



recipes

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Elmo's Space Pizza



Prep Time:
10 min



Cook Time:
10 min



Makes:
1-2 servings

Ingredients:

- 1 whole wheat English muffin
- 4 tablespoons tomato sauce
- ¼ c. part-skim shredded mozzarella cheese
- 1 grape tomato
- 1 green bell pepper
- 1 red bell pepper
- A pinch of oregano

Elmo's pizza is out of this world—healthy, tasty, and fun to make!

Directions:

Step 1: Things You'll Need

Gather these ingredients to make Elmo's Space Pizza.

Step 2: Prepare to Launch

Cover a cookie sheet with a piece of aluminum foil. Preheat the oven to 350 degrees F.

Step 3: The Surface of the Muffin

Split a whole wheat English muffin and place it on the sheet.

Little Hands Tip: Let your child help separate the two halves of the English muffin with her hands and put them on the cookie sheet. Ask her to describe the texture inside the muffin. The nooks and crannies are kind of like the craters on the moon! Talk about the textures of different surfaces, such as the kitchen floor or the ground outside.



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Step 4: One Layer at a Time

Spoon two tablespoons of tomato sauce on each side. Then sprinkle a layer of cheese over the sauce.

Little Hands Tip: Let your child spread the sauce out on each half of the English muffin using the back of a spoon and sprinkle the cheese with her hands. Talk about layers. How many layers does your space pizza have? What is the bottom layer? The middle? The top?

Step 5: Veggie Orbit

Cut a cherry tomato in two. Place one half at the center of each muffin slice. Cut two rings from each pepper. Place these in three concentric circles around each tomato half. Sprinkle a little oregano on top.

Little Hands Tip: Help your child divide the toppings evenly and place them on the slices. Talk about how the tomato is like the sun. Earth and the other planets travel around the sun in circles.

Step 6: Things Are Heating Up

Bake the English muffin at 350 degrees F for approximately 10 minutes, or until the edges of the cheese turn golden brown.

Step 7: Blast Off!

Your space pizza is ready! While you and your child eat, talk about what it would be like to go to space. What would it feel like? What would you see? Imagine that you are astronauts and make up a story about your adventures!