Mini Greek Pizza Muffins

**From:** [EatingWell](http://www.eatingwell.com/?utm_source=Meredith&utm_medium=WebLogo)

All the flavors of a Greek pizza make these savory muffins bite-size treats for adults and kids alike.



**Servings:** 2 dozen mini muffins

**Prep:** 30 mins

**Total:** 50 mins

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Ingredients

**2** tablespoons  extra-virgin olive oil

**2/3** cup  finely chopped onion

**2/3** cup  finely chopped red bell pepper

**1/3** cup  whole-wheat pastry flour

**1/3** cup  all-purpose flour

**2** teaspoons  baking powder

**1 1/2** teaspoons  chopped fresh oregano, or 1/2 teaspoon dried

**1** teaspoon  sugar

**1/4** teaspoon  garlic powder

**1/4** teaspoon  salt

**1/3** cup  low-fat milk

**1/3** cup  crumbled feta cheese

**1**   large egg, well beaten

**2** tablespoons  tomato paste

**2** tablespoons  chopped kalamata olives

Directions

**1.** Heat oil in a large skillet over medium heat. Add onion and bell pepper; cook, stirring often, until the onion is tender, about 5 minutes. Transfer to a large bowl and let cool for 10 minutes.

**2.** Meanwhile, preheat oven to 400 degrees F. Coat a mini-muffin pan with cooking spray.

**3.** Whisk whole-wheat pastry flour, all-purpose flour, baking powder, oregano, sugar, garlic powder and salt in a medium bowl.

**4.** Stir milk, feta, egg, tomato paste and olives into the onion mixture. Make a well in the dry ingredients; add the wet ingredients and stir until just combined. Fill the prepared muffin cups two-thirds full.

**5.** Bake the muffins until lightly browned, 13 to 15 minutes. Cool in the pan for 5 minutes before turning out onto a wire rack. Serve warm or at room temperature.

**Tip:**  
MAKE AHEAD TIP: Store in an airtight container for up to 2 days. Serve at room temperature or reheat at 350 degrees F.

Equipment: Mini-muffin pan with 24 (2-tablespoon) muffin cups.

Nutrition Facts

Calories 39, Total Fat 2 g, Saturated Fat 1 g, Monounsaturated Fat 1 g, Cholesterol 11 mg, Sodium 106 mg, Carbohydrate 4 g, Protein 1 g, Potassium 36 mg. Exchanges: Starch 0.5,Fat 1.  
Percent Daily Values are based on a 2,000 calorie diet