

QUICK PIZZA

Makes 4 servings

Serving Size: 1 piece

Ingredients

- 4 slices whole-wheat bread or 2 whole-wheat English muffins, halved
- 1/2 cup low-sodium spaghetti sauce
- 1/2 cup pineapple tidbits in own juice, drained
- 1/2 cup lean diced ham
- 1/4 cup reduced-fat mozzarella cheese, shredded

Directions

1. Toast bread or muffin until very lightly browned.
2. Preheat oven to 350° F.
3. Place toasted bread or muffin on a baking sheet.
4. Spread 1/4 of the spaghetti sauce onto each slice of bread or muffin half.
5. Place 1/4 of the pineapple tidbits and 1/4 of the diced ham on top of the spaghetti sauce on each slice of bread or muffin half.
6. Sprinkle 2 tablespoons of cheese on top of pineapple and ham on each slice of bread or muffin half.
7. Bake at 350° F for 4-6 minutes or until cheese melts and bread or muffins are thoroughly heated.

Suggestion

Create delicious pizza varieties by replacing the pineapple and ham in this recipe with other vegetables and lean meat choices.

Nutrition information Per Serving

270 calories		Total Carbohydrate	40 g
Total Fat	6 g	Dietary Fiber	9 g
Saturated Fat	2.5 g	Sodium	390 mg
Protein	12 g		

 Excellent Source of Vitamin C

 Good Source of Calcium

 Good Source of Iron



Eat Smart



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