

Snack Time Pizza

IOWA

Student Wellness

Ingredients

1 English muffin, split (pita bread or a bagel also work)

1/4 cup prepared pizza sauce or marinara

1/4 cup or 2 slices mozzarella cheese

Other optional toppings: finely diced bell peppers or onions, sliced mushrooms or olives, Canadian bacon, deli ham, turkey pepperoni, pineapple tidbits

Directions

1. Toast the muffin halves or pita in the toaster.
2. Top each with sauce, cheese and other toppings, if desired.
3. Microwave or broil for 30-60 seconds or until the cheese is melted.



Makes 10 servings

*Nutrition information per serving:
290 calories, 7g fat, 3.5g saturated
fat, 45mg cholesterol, 1250mg
sodium, 33g carbohydrate, 4g dietary
fiber, 24g protein*