



October 9- Anytime Pizza

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/anytime-pizza>

Recipe

Ingredients:

- ½ loaf Italian or French bread (split lengthwise, or 2 split English muffins)
- ½ cup pizza sauce
- ½ cup mozzarella or cheddar cheese (low-fat, shredded)
- 3 tablespoons green pepper (chopped)
- 3 tablespoons mushrooms (fresh or canned, sliced)
- Vegetable toppings (other, as desired, optional)
- Italian seasoning (optional)

Directions:

1. Toast the bread or English muffin until slightly brown.
2. Top bread or muffin with pizza sauce, vegetables and low-fat cheese.
3. Sprinkle with Italian seasonings as desired.
4. Return bread to toaster oven (or regular oven preheated to 350°F).
5. Heat until cheese melts.

Yield 2 servings

Nutrition Facts

Serving Size 1 muffin (176.59g)
Servings Per Container 2

Amount Per Serving

Calories 250 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **10%**

Saturated Fat 3g **16%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 470mg **20%**

Total Carbohydrate 32g **11%**

Dietary Fiber 5g **19%**

Sugars 5g

Protein 15g **29%**

Vitamin A 20% • Vitamin C 30%

Calcium 35% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.