

Anytime Pizza

Serving Size: one slice break

Yield: 2 servings

Ingredients:

1/2 loaf Italian or French bread (split lengthwise, or 2 split English muffins)

1/2 cup pizza sauce

1/2 cup cheese, low-fat shredded mozzarella or cheddar

3 tablespoons green pepper (chopped)

3 tablespoons mushrooms, fresh or canned (sliced)

vegetable toppings (other, as desired optional)

Italian seasoning (optional)

Instructions:

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 degrees).
5. Heat until cheese melts.

Cost:

Per Serving: \$1.19

Nutrition Facts	
Serving Size 1 slice, 1 English muffin or 1/2 of recipe (144g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 540mg	23%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 12g	
Vitamin A 15%	• Vitamin C 30%
Calcium 30%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	