

Quick Pizza

Ingredients:

- 1 each whole wheat English muffin
- 1/2 cup spaghetti sauce
- 1/2 cup pineapple chunks in water, drained and crushed
- 1/2 cup ham slice, extra lean, diced
- 1/4 cup mozzarella cheese, part skim milk, shredded

Equipment:

- Baking sheet
- Spoon
- Can opener
- Grater
- Spatula

Number of Servings: 2
 Prep Time: 10 minutes
 Total time: 10 minutes

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 1/2 of the spaghetti sauce onto each slice of bread or muffin half.
5. Place 1/2 of the pineapple tidbits and 1/2 of the diced ham on each slice of bread or muffin half
6. Bake at 350°F for 4-6 minutes or until cheese melts and bread or muffins are thoroughly heated
7. For fun, try other vegetables and lean meats.

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Nutrition Facts

Serving Size: 1/2 muffin	
Servings: 2	
Amount Per Serving	
Calories 126	Calories from Fat 27
%Daily Value*	
Total Fat 8g	9%
Saturated Fat 5g	27%
Cholesterol 10mg	3%
Sodium 459mg	19%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	11%
Protein 8g	16%
Vitamin A 4%	Vitamin C 10%
Iron 7%	Calcium 15%
*Percent Daily Values are based on a 2,000 calorie diet	

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