



Mini Veggie Pizza

Ingredients

- 5 English muffins (*or* bagels)
- 1 small zucchini
- 1 green *or* red bell pepper
- 1 (8-ounce) package part-skim mozzarella cheese
- 1 (8-ounce) can of tomato sauce
- ½ teaspoon dry oregano

Makes 10 servings

Instructions

1. Slice English muffins in half. Place them on a baking sheet, and toast lightly in oven or toaster oven.
2. Wash zucchini and bell pepper. Grate zucchini. Chop pepper into small pieces.
3. Grate mozzarella cheese.
4. Top each muffin half with 1 Tablespoon of tomato sauce. Add grated zucchini, chopped pepper, and grated cheese. Sprinkle with oregano.
5. Broil in oven until cheese is melted (about 2 minutes).

Nutrition Facts

Serving Size 1/2 muffin	
Servings Per Container 10	
Amount Per Serving	
Calories 130	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 340mg	14%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 8g	
Vitamin A 10%	• Vitamin C 30%
Calcium 20%	• Iron 8%
*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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

28% calories from fat

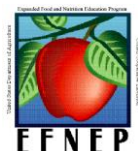
Source: Sisters in Health: A Nutrition Program for Women. Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999. Recipe adapted from Susan Kessler, *Healthy Heart Snack Choices Resource Guide* (Plainview, NY: Cornell Cooperative Extension of Nassau County, 1995).

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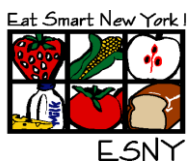
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