



Quick Pizza

INGREDIENTS:

- 4 slices whole wheat bread or 2 English muffins, halved
- 1 cup spaghetti sauce
- 1 cup pineapple tidbits in own juice, drained
- 1 cup lean ham, diced
- ½ cup reduced-fat mozzarella cheese, shredded

DIRECTIONS:

1. Preheat oven to 350°F.
2. Toast bread or muffins until very lightly browned.
3. Place toasted bread/muffin on a baking sheet.
4. Spread ¼ of the spaghetti sauce on each slice of bread or muffin half.
5. Place ¼ the pineapple tidbits and ¼ the diced ham on top of spaghetti sauce.
6. Sprinkle 2 tablespoons cheese on top. Bake for 4-6 minutes or until cheese melts and bread is thoroughly heated.

Source: *Cooking with Extension* | **Yield:** 4 servings. 540 Calories per serving. Total fat 22g; Protein 32g; Total carbohydrate 56g; Dietary fiber 6g, Sodium 980mg | *Excellent source of vitamin C, good source of calcium and iron*

Create delicious pizza varieties by replacing the pineapple and ham in this recipe with other vegetables and lean meat choices.