

Snack Time Pizza

1 Serving

What you need:

- 1 whole wheat English muffin, split
- ¼ cup prepared pizza sauce (like Ragu)
- 2 oz. smoked deli ham
- ¼ cup part-skim milk mozzarella cheese



All you do:

1. Toast the muffin halves in the toaster.
 2. Top each with sauce, ham and cheese.
 3. Microwave or broil for 30-60 seconds or until the cheese is melted. Enjoy!
- * Try adding ¼ cup drained pineapple tidbits to your pizza for extra flavor & nutrition.

Nutrition information per serving (1 recipe): 290 calories, 7g fat, 3.5g saturated fat, 45mg cholesterol, 1250mg sodium, 33g carbohydrate, 4g dietary fiber, 24g protein