



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
- 1/2 teaspoon dry oregano

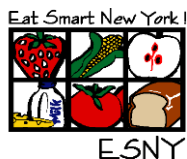
Directions:

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 in 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).

Yields 10 mini pizzas

Source: Cornell University Cooperative Extension in New York City

Nutrition Facts			
Serving Size: 1 mini pizza 91g/3 oz. each			
Servings Per Recipe: 10			
Amount Per Serving			
Calories	140	Calories from Fat	45
% Daily Value *			
Total Fat	5g		8%
Saturated Fat	3g		15%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	350mg		15%
Total Carbohydrate	16g		5%
Dietary Fiber	2g		8%
Sugars	2g		
Protein	9g		
Vitamin A	6%	Vitamin C	25%
Calcium	20%	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:	2000	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
32% calories from fat			



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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