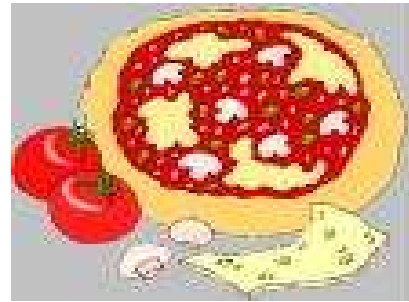


## Snack Time Pizza

1 Serving

Estimated cost per serving: \$1.45

- 1 whole wheat English muffin, split
- $\frac{1}{4}$  cup prepared pizza sauce (like Ragu)
- 2 oz. smoked deli ham
- $\frac{1}{4}$  cup part-skim milk mozzarella cheese



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  $\frac{1}{4}$  cup drained pineapple tidbits to your pizza for extra flavor & nutrition.

\*\* Add a tossed green salad and a glass of milk to make a quick and satisfying meal!

### **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.

**Good source** of calcium and iron.

Pyramid servings: 0.5 dairy, 0.5 meats, 0.5 vegetable, 2 grains

**Nutrition Notes:** Try to choose whole wheat and whole grain products as much as possible to add dietary fiber to your diet. Dietary fiber provides satiety in a meal so you "feel full" longer. Whole grains are also good sources of many vitamins, minerals and phytochemicals. Popcorn is a whole grain and also makes a great snack.

Questions or comments??? Contact MSU nutritionist, Rebecca Gruenes, MS, RD, at (507)3895689 or at [rebecca.gruenes@mnsu.edu](mailto:rebecca.gruenes@mnsu.edu).