**Snack Time Pizza**

1 Serving

1 whole wheat English muffin, split
½ cup prepared pizza sauce (like Ragu)
2 oz. smoked deli ham
¼ 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 ¼ 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.

*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.