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Paradise Pizza

Prep Time: 5 minutes

Cook Time: 3-4 minutes

Cost per serving: \$0.48

What you need:

Utensils:

- Oven and/or toaster
- Butter knife
- Measuring spoon
- Cutting board
- Knife
- Can opener

Ingredients:

- ½ 100% whole wheat mini bagel or English muffin
- 2 tablespoons pasta sauce
- 2 tablespoons shredded reduced fat mozzarella cheese
- 1 tablespoon cubed ham or chicken
- 2 tablespoons pineapple tidbits, drained

What to do:

1. Wash your hands and clean your cooking area.
2. Toast bagel half in toaster or oven.
3. Spread pasta sauce on tasted bagel.
4. Top with cheese.
5. Sprinkle with ham or chicken and pineapple tidbits.
6. Place bagel half in oven on broil until cheese melts (1-2 minutes).

Nutrition Facts

Serving Size 1/2 bagel or muffin
Servings Per Container 1

Amount Per Serving

Calories 160 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 430mg **18%**

Total Carbohydrate 20g **7%**

Dietary Fiber 3g **12%**

Sugars 8g

Protein 9g

Vitamin A 4% • **Vitamin C 6%**

Calcium 15% • **Iron 6%**