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Mini Veggie Pizza

Ingredients:

- 5 English muffins (or bagels)
- 1 small zucchini
- 1 green or red bell pepper
- 1 (8-ounce) package partskim mozzarella cheese
- 1 (8-ounce) can of tomato sauce
- ½ teaspoon dry oregano

Makes 10 servings - 28% calories from fat

Instructions:

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 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).

Source: Sisters in Health: A Nutrition Program for Women. Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999. Recipe adapted from Susan Kessler, Healthy Heart Snack Choices Resource Guide (Plainview, NY: Cornell Cooperative Extension of Nassau County, 1995).

Nutrition Facts

Serving Size 1/4 cup			
Servings Per Container 32			
Amount Per Serving			
Calories 60	Calories from Fat 20		
% Daily Value*			
Total Fat 2g	3%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 125mg	5%		
Total Carbohydrate 9g	3%		
Dietary Fiber 1g	4%		
Sugars 2g			
Protein 2g			
Vitamin A 4%	• Vitamin C 25%		
Calcium 0%	• Iron 2%		
*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	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			



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