



Eat Well

Rainbow Pizza

Directions

Spread 1 tablespoon of sauce on each muffin half. Arrange toppings on the “crust” in a single layer. Sprinkle one tablespoon cheese on each pizza. Place on baking sheet, bake at 350 for 10 minutes.

Serving Size: 6

Ingredients

- » 3 whole wheat english muffins, split (6 halves)
- » 1/2 cup pizza sauce
- » 1/2 cup low fat mozzarella cheese, grated
- » Pizza toppings (*choose any 3*):
 - » grated carrots
 - » sliced mushrooms
 - » chopped broccoli
 - » pineapple chunks
 - » chopped green or red peppers
 - » sliced zucchini

Nutrition information per serving:

Calories 114, Total Fat 2.9 grams, Cholesterol 18.2 mg, Protein 5.6 grams.

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