



Make it Myself Pizza

Servings: 2

Ingredients:

- 1/2 whole wheat English muffin
- 2 Tablespoons of pasta sauce
- 1/4 cup low-fat mozzarella cheese, grated
- 1/4 cup chopped vegetables

Directions:

1. Spread 2 Tablespoons of pasta sauce on top of each English muffin half.
2. Sprinkle on mozzarella cheese.
3. Sprinkle 1/4 cup chopped vegetables on top.
4. Bake in the oven or toaster oven at 425 degrees, or in the microwave on high until cheese melts.

Nutrition Facts

Serving Size 1/2 English muffin (95g)
 Servings Per Container 2

Amount Per Serving

Calories 120 **Calories from Fat 35**

% Daily Value*

Total Fat 4g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 350mg	15%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 7g	

Vitamin A 30% • Vitamin C 15%

Calcium 20% • Iron 8%

*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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

