

# Anytime Pizza

Yield 2 servings

## Ingredients

1/2 loaf	Italian or French bread (split lengthwise, or 2 split English muffins)
1/2 cup	pizza sauce
1/2 cup	mozzarella or cheddar cheese (low-fat, shredded)
3 tablespoons	green pepper (chopped)
3 tablespoons	mushrooms (fresh or canned, sliced)
	vegetable toppings (other, as desired, optional)
	Italian seasoning (optional)

## Instructions

1. Toast the bread or English muffin until slightly brown.
2. Top bread or muffin with pizza sauce, vegetables and low-fat cheese.
3. Sprinkle with Italian seasonings as desired.
4. Return bread to toaster oven (or regular oven preheated to 350 degrees).
5. Heat until cheese melts.

## Cost

Per recipe: \$2.43

Per serving: \$1.22

## Source

University of Massachusetts, Extension Nutrition Education Program, Pumpkin Post/Banana Beat

Nutrition Facts	
Serving Size 1 slice, 1 English muffin or 1/2 of recipe (144g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 540mg	<b>23%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 2g	
<b>Protein</b> 12g	
Vitamin A 15%	Vitamin C 30%
Calcium 30%	Iron 6%
*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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	