

# Anytime Pizza

From U.S. Department of Agriculture – ChooseMyPlate

<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/anytime-pizza>

Note: For an added serving of grains, substitute any of the bread for a whole grain version.

## Ingredients

- 1/4 mini baguette or Italian bread (split lengthwise, or 2 split English muffins)
- 1/2 cup pizza sauce
- 1/2 cup mozzarella or cheddar cheese (part-skim, shredded)
- 1/4 cup green pepper (chopped)
- 1/4 cup 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.

Makes two servings

## Nutrition information per serving

Calories: 180	Dietary Fiber: 2 g
Total Fat: 7 g	Sodium: 502 mg
Saturated Fat: 3 g	Protein: 11 g
Cholesterol: 15 mg	Carbohydrates: 18 g