

# Quick Pizza

Makes 4 servings  
Serving Size: 1 slice  
*With Robin McNeill*



## Ingredients

- 4 slices whole-wheat bread or 2 English muffins, halved
- ½ cup low-sodium spaghetti sauce
- ½ cup pineapple tidbits in own juice, drained
- ½ cup lean diced ham
- ½ cup reduced-fat mozzarella cheese, shredded





## Directions

1. Toast bread or muffin until very lightly browned.
2. Preheat the oven to 350 degrees fahrenheit.
3. Place toasted bread or muffin on a baking sheet.
4. Spread 2 tablespoons of the spaghetti sauce onto each slice of bread or muffin half.
5. Place 2 tablespoons of the pineapple tidbits and 2 tablespoons of the diced ham on top of the spaghetti sauce on each slice of bread or muffin half.
6. Sprinkle 2 tablespoons of cheese on top of pineapple and ham on each slice of bread or muffin half.
7. Bake at 350 degrees fahrenheit for 4-6 minutes or until cheese melts and bread or muffins are thoroughly heated.



## Nutrition Information Per Serving

160 Calories, Total Fat 5g, Saturated Fat 2g, Protein 10g, total Carbohydrate 20g,  
Dietary Fiber 3g, Sodium 423mg.  
Good source of calcium.



Create delicious pizza varieties by replacing the pineapple and ham in this recipe with other vegetables and lean meat choices.

