Very Veggie Pizza

Prep time: 15 minutes | Cooking time: 5 minutes | Number of servings: 8

4 whole wheat English muffins, split open
Food $ense Pizza Sauce (see back)
1 cup shredded mozzarella cheese
1 green pepper, thinly sliced
1 (15-ounce) can pineapple tidbits in juice, drained
1 (15-ounce) can black beans, drained
Vegetable oil cooking spray

Directions
1. Preheat oven to 350° F.
2. Spread 2 tablespoons pizza sauce on each English muffin half.
3. Sprinkle 2 tablespoons grated mozzarella cheese on each English muffin half.
4. Divide pepper slices, pineapple, and beans evenly among pizzas.
5. Place pizzas on cookie sheet and place in pre-heated oven. Bake for 5 minutes or until cheese starts to melt.

Nutrition Facts (Serving size ½ English muffin): Calories–180; Protein–10g; Carbohydrate–31g; Total Fat–4g; Saturated Fat–2g; Fiber–6g; Sodium–400mg; Vitamin C–35%; Vitamin A–8%; Iron–10%; Calcium–15%

Adapted from Washington State University Extension Food Sense, Junior Chef I Curriculum
KID–TESTED SNACKS

Food $ense Pizza Sauce

Prep time: 5 minutes  |  Cooking time: 0 minutes  |  Number of servings: 14

1 (6-ounce) can tomato paste
1 (8-ounce) can tomato sauce
1 teaspoon dried oregano
1 teaspoon dried basil
1/8 teaspoon sugar

Directions
1. Place all ingredients for the pizza sauce in a small bowl.
2. Stir until all are mixed together.

Nutrition Facts (Serving size 2 tablespoons): Calories–15; Protein–1g; Carbohydrate–3g; Total Fat–0g; Saturated Fat–0g; Fiber–1g; Sodium–80mg; Vitamin C–6%; Vitamin A–6%; Iron–2%; Calcium–0%

Adapted from Washington State University Extension Food Sense

Food $ense Tips

• Kids love to make their own pizzas. Let them pick their own toppings and watch the fun begin. Bell peppers, olives, mushrooms, onions, and lean meat are all popular choices.
• Store leftover pizza sauce in the fridge for up to a week. It can be added to pasta or used on top of baked fish.

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact http://foodhelp.wa.gov or the Basic Food Program at 877-501-2233.

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