

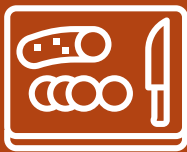


Pizza Bites

4 Steps to Food Safety



Clean



Seperate



Cook



Chill

Ingredients:

- ½ English muffin
- 1 Tablespoon pizza or tomato sauce
- 2 Tablespoons mozzarella cheese, shredded
- Optional toppings: sliced mushrooms, green peppers, onions, black olives or other vegetables

Directions:

1. Wash hands with soap and water.
2. Spread English muffin half with pizza sauce.
3. Sprinkle with cheese and add additional toppings if desired.
4. Bake at 425°F for 10 minutes on a baking sheet or microwave for 15 seconds or until cheese is melted using a microwave-safe plate.

Nutrition Information for 1 serving: Calories 120, Total Fat 3.5g, Saturated Fat 2g, Cholesterol 10mg, Sodium 290mg, Total Carbohydrates 15g, Fiber 0g, Total Sugars 2g, includes 1g Added Sugars, Protein 6g, Vitamin D 0%, Calcium 10%, Iron 6%, Potassium 2%

**For more healthy tips and recipes, go to:
Food.unl.edu**

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