

Pizza Boats

4 servings

When grocery shopping, use coupons only for the foods you normally buy, otherwise you could end up spending more money than you planned.

- 2 (6-inch) French rolls
- $\frac{3}{4}$ cup pizza sauce
- $\frac{1}{4}$ cup Mozzarella cheese, shredded
- $\frac{1}{4}$ cup green pepper, scrubbed with clean vegetable brush under running water, chopped*
- $\frac{1}{4}$ cup onion, scrubbed with clean vegetable brush under running water, chopped*



1. Wash hands with soap and water.
2. Preheat oven to 475° F.
3. Cut French rolls in half as you would to make a sandwich. Place each half on a baking sheet. Spread pizza sauce over each half.
4. Top each half with Mozzarella cheese, green pepper, and onion.
5. Bake for 10 minutes or until cheese is melted.

*Add variety to your pizzas with other vegetables and toppings, such as black olive, pineapple, tomato, and mushroom

Nutrition Information per Serving: (1/4 of recipe) Calories 120, Total Fat 3g, Saturated Fat 1.5g, Cholesterol 5mg, Sodium 380mg, Total Carbohydrate 19g, Dietary Fiber 2g, Sugars 2g, Protein 5g, Vitamin A 4%, Vitamin C 25%, Calcium 10%, Iron 8%.