

## MyPyramid Pizza

This recipe is a good source of vitamin C, which keeps gums and blood vessels healthy.

### Ingredients:

- 1/2 English muffin
- 1-2 tablespoons spaghetti or **pizza sauce**
- 1 tablespoon grated **cheese**
- 1-2 tablespoons each **chopped vegetables, fruits, or cooked meat**

### Directions:

1. Preheat oven to 400 degrees.
2. Lightly toast English muffin.
3. Spread with spaghetti or pizza sauce.
4. Add cheese and pizza toppings of your choice.
5. Bake 8-10 minutes until muffin is lightly browned and cheese is melted.
6. Allow to cool slightly before eating.
7. Refrigerate leftovers within 2-3 hours.

### Bright Ideas:

- Try a variety of fruits and vegetables such as onions, bell peppers, mushrooms, pineapple, and tomato.
- Try whole wheat English muffins for added fiber.

### Nutrition Facts

Serving Size 1 Piece (144g)  
Servings Per Container 1

Amount Per Serving

**Calories** 160      **Calories from Fat** 25

% Daily Value\*

**Total Fat** 2.5g      **4%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 15mg      **5%**

**Sodium** 560mg      **23%**

**Total Carbohydrate** 23g      **8%**

Dietary Fiber 1g      **4%**

Sugars 8g

**Protein** 10g

Vitamin A 6%      • Vitamin C 10%

Calcium 6%      • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**1/2 English muffin pizza  
per serving**

Source: 2000. Adapted from Oregon Dairy Council Cooking with Kids, by OSU Family Food Educator Volunteer Program, Multnomah County. For more recipes and other resources for eating well for less, visit the OSU web site at <http://healthyrecipes.oregonstate.edu>.