

## Paradise Pizza

### What you need:

#### Utensils:

- Oven and/or toaster
- Butter knife
- Measuring spoon
- Cutting board
- Knife
- Can opener

#### Ingredients:

- ½ 100% whole wheat mini bagel or English muffin
- 2 Tablespoons pasta sauce
- 2 Tablespoons mozzarella cheese
- 1 Tablespoon cubed ham or chicken
- 2 Tablespoons pineapple tidbits, drained

### What to do:

1. Wash your hands and clean your cooking area.
2. Toast bagel half in toaster or oven.
3. Spread pasta sauce on toasted bagel.
4. Top with cheese.
5. Sprinkle with ham or chicken and pineapple tidbits.
6. Place bagel half in oven on broil until cheese melts (1-2 minutes).

### ***Make meals and memories together.***

Let your children make their own pizza, it teaches them how to make a nutritious snack and learn about vegetables and fruits.

**Prep Time:** 5 minutes

**Cook Time:** 3-4 minutes

**Cost per Serving:** \$0.45

### **Nutrition Facts**

Serving Size 1/2 bagel or muffin (92g)  
Servings Per Container 1

Amount Per Serving

**Calories** 160      **Calories from Fat** 40

% Daily Value\*

**Total Fat** 4.5g      **7%**

Saturated Fat 2.5g      **13%**

Trans Fat 0g

**Cholesterol** 15mg      **5%**

**Sodium** 430mg      **18%**

**Total Carbohydrate** 20g      **7%**

Dietary Fiber 3g      **12%**

Sugars 8g

**Protein** 9g

Vitamin A 4%      • Vitamin C 6%

Calcium 15%      • Iron 6%

\*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

### **MyPyramid:**

1 ounce Grains

⅔ cup Milk

½ ounce Meat & Beans

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