Pizza Smiles

These fun and easy to prepare mini-pizzas are a great source of calcium, which is important for growing bodies!

Serves 2

Ingredients

- ½ cup tomato sauce
- ¼ teaspoon garlic powder
- ¼ teaspoon Italian seasoning
- 2 whole wheat English muffins, separated into halves
- ½ cup part-skim mozzarella cheese, grated
- ½ sweet bell pepper, sliced into strips
- 2 tablespoons sliced black olives

Directions

1. Preheat oven to 350 degrees.
2. Mix together tomato sauce, garlic powder, and Italian seasoning in a small bowl.
3. Top each English muffin half with two tablespoons tomato sauce and two tablespoons cheese.
4. Arrange peppers and olives into face shapes.
5. Heat in oven for approximately 5-7 minutes or until cheese is melted.

Nutrition Facts

Serving Size 2 pizzas
Servings Per Recipe 2

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
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<tbody>
<tr>
<td>Calories: 260</td>
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Total Fat 8g 12%
Saturated Fat 3.5g 18%
Trans Fat 0g
Cholesterol 15mg 5%
Sodium 810mg 34%
Total Carbohydrate 34g 11%
Dietary Fiber 8g 24%
Sugars 9g

Protein 14g

Vitamin A 25%  •  Vitamin C 70%
Calcium 40%  •  Iron 15%

*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 300mg
Sodium  Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

Calories per gram:
  Fat 9  •  Carbohydrate 4  •  Protein 4

Please note: nutritional values are approximate.