



## MyPlate Pizza

Number of servings: 2

Serving size: ½ muffin

### Equipment:

Oven or toaster oven

### Ingredients:

- 1 whole-wheat English muffin or mini whole-wheat bagel
- 2 Tablespoons low sodium tomato sauce
- 1 slice of roasted turkey meat (ham or chicken can be substituted)
- ¼ cup shredded low sodium mozzarella cheese
- 4 chunks of pineapple (in 100% juice, no sugar added)

### Directions:

Preheat the oven to 400 degrees. Slice the meat into bite

sized pieces. Assemble the pizza, spreading the tomato sauce on the muffin first. Then add the meat and pineapple. Finally, top with cheese. Place pizza on baking sheet and bake for five minutes or bake in a toaster oven until cheese is completely melted. Remember to ask an adult for help with the oven!

**Cost per recipe:** \$1.61

**Cost per serving:** \$0.81

**MyPlate servings:** 1 serving of grain, ¼ serving of fruit, ¼ serving of dairy, ½ serving of protein

**Pump it Up:** MyPlate Pizza will take 5 minutes to bake. How many jumping jacks, pushups, and sit-ups can you do?

**Food for Thought:** Cheese is an excellent source of calcium which strengthens bones and teeth.

## Nutrition Facts

Serving Size 1/2 muffin  
Serving Per Container 2

### Amount Per Serving

**Calories** 131

### % Daily Values\*

<b>Total Fat</b> 4g		<b>6%</b>
Saturated Fat 2g		<b>10%</b>
Trans Fat 0g		
Monounsaturated Fat 1g		
<b>Cholesterol</b> 15mg		<b>5%</b>
<b>Potassium</b> 181mg		<b>5%</b>
<b>Sodium</b> 150mg		<b>6%</b>
<b>Total Carbohydrate</b> 16g		<b>5%</b>
Dietary Fiber 3g		<b>12%</b>
Sugars 5g		
<b>Protein</b> 10g		<b>20%</b>

\*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**\*\*Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>