

MyPlate Pizza

Ingredients:

- 1 Whole Wheat English Muffin or Mini Whole Wheat Bagel
- ¼ cup tomato sauce
- 1 slice of low-fat sandwich meat (ham/turkey)
- ¼ cup shredded mozzarella cheese
- 4 chunks of pineapple (in 100% juice)

Directions: Pre-heat the oven to 400 degrees. Slice the meat into bite-sized pieces. Assemble the pizza, spreading the tomato sauce 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!



Pump it Up: MyPyramid 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.

Tasty Thoughts: _____

