

## EASY MEAL RECIPES



# MUFFIN PIZZA

## Ingredients

- 1 whole wheat English muffin
- 1 tablespoon red onion
- 1 tablespoon bell pepper
- 2 tablespoons pizza sauce
- 1/4 cup shredded Mozzarella cheese
- 6 slices turkey pepperoni

## Directions

1. Toast both halves of an English muffin.
2. Spoon pizza sauce evenly on each piece.
3. Chop onions and peppers and put on English muffin.
4. Add turkey pepperoni and cheese.
5. Cook in the microwave for about two minutes.

## Nutrition Facts

Makes 2 servings

Calories.....	130
Carbohydrates.....	4 g
Protein.....	8 g
Total Fat.....	4 g
Saturated Fat.....	1.5 g
Trans Fat.....	0 g
Cholesterol.....	15 mg
Fiber.....	2 g
Total Sugar.....	2 g
Sodium.....	370mg
Calcium.....	132 mg
Folate.....	23 mcg
Iron.....	1 mg

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