

# BITS and BITES

## MYPLATE PIZZA

Makes 1 serving  
Serving Size: 1 piece

### Ingredients:

- 1 half of a whole wheat English muffin
- 1 tablespoon spaghetti sauce
- 1 tablespoon pineapple tidbits in own juice, drained
- 1 tablespoon reduced-fat mozzarella cheese, shredded

### Creative Cooking Ideas

- Replace English muffins with a whole wheat mini-bagel.
- Add other vegetables such as bell peppers or mushrooms.
- Replace spaghetti sauce with either peanut butter or low-fat plain yogurt. Top with fresh fruit or unsweetened applesauce.

#### SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

This institution is an equal opportunity provider.

### Instructions:

1. Toast muffin until very lightly browned.
2. Preheat oven to 350° F.
3. Place toasted muffin on a baking sheet.
4. Spread the spaghetti sauce onto the muffin half.
5. Sprinkle the cheese.
6. Place the pineapple tidbits on top of the cheese.
7. Bake at 350° F for 4-6 minutes or until cheese melts and muffins are thoroughly heated.
8. Count how many colors and food groups are represented in MyPlate pizza.

**NC STATE** EXTENSION



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