

Quick Pizza

Makes 2 servings

Serving Size: 1/2 English muffin
or 1 slice pita bread

Ingredients

- 1 English muffin or pita bread, halved
- 1/2 cup low-sodium spaghetti sauce
- 1/2 cup pineapple tidbits in own juice, drained
- 1/2 cup lean diced ham
- 1/4 cup reduced-fat mozzarella cheese, shredded



Directions

1. Toast bread or muffin until very lightly browned.
2. Preheat oven to 350°F.
3. Place toasted bread or muffin on a baking sheet.
4. Spread half of the spaghetti sauce onto each slice of bread or muffin half.
5. Place half of the pineapple tidbits and half of the diced ham on top of the spaghetti sauce on each slice of bread or muffin half.
6. Sprinkle 2 tablespoons of cheese on top of pineapple and ham on each slice of bread or muffin half.
7. Bake for 4–6 minutes or until cheese melts and bread or muffins are thoroughly heated.