



## FEATURED RECIPE:

# Anytime Pizza

### *Ingredients*

1/2 loaf Italian or French bread (split lengthwise, or 2 split English muffins)  
1/2 cup pizza sauce  
1/2 cup mozzarella or cheddar cheese (low-fat, shredded)  
3 tablespoons green pepper (chopped)  
3 tablespoons mushrooms (fresh or canned, sliced)  
Vegetable toppings (other, optional)  
Italian seasoning (optional)

### *Directions*

Toast the bread or English muffin until slightly brown. Top bread or muffin with pizza sauce, vegetables, and low-fat cheese. Sprinkle with Italian seasonings as desired. Return bread to toaster oven (or regular oven preheated to 350 degrees). Heat until cheese melts.

**Makes 2 servings:** Per serving: 180 calories, 7 g total fat, 12 g protein, 21 g carbohydrates, 3 g fiber, 540 mg sodium.

*From the USDA What's Cooking? Mixing Bowl,  
[www.usda.gov/whatscooking](http://www.usda.gov/whatscooking)*