





Quick Pizza

Makes 4 servings | Serving Size: 1 piece

 **Look for Local:** Using small sliced veggies as a pizza topping is an easy way to introduce new veggies to your young child. Choose a fresh, in-season veggie of your choice to add as a topping to this pizza.

 **Tip:** Fill freezer tray with pineapple juice and use for a delicious, flavored water.

Nutrition information

Per Serving

270 calories	
Total Fat	6 g
Saturated Fat	2.5 g
Protein	12 g
Total Carbohydrate	40 g
Dietary Fiber	9 g
Sodium	390 mg

 Excellent Source of Vitamin C

 Good Source of Calcium

 Good Source of Iron

Ingredients

- 4 slices whole-wheat bread or 2 English muffins, halved
- 1/2 cup low-sodium, low-sugar spaghetti sauce
- 1/2 cup pineapple tidbits in 100% juice, drained
- 1/2 cup lean diced ham
- 1/2 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 1/4 of the spaghetti sauce onto each slice of bread or muffin half.
5. Place 1/4 of the pineapple tidbits and 1/4 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 at 350°F for 4-6 minutes or until cheese melts and bread or muffins are thoroughly heated.

Suggestions

Create delicious pizza varieties by replacing the pineapple and ham in this recipe with other vegetables and lean meat choices.

Serve with a salad on the side for more vegetables.



Dance Creation

Put on some good music and dance! Let your child create a new dance and give it a name. You could create one together and name it after your family. Take one day this week to create a new dance.