

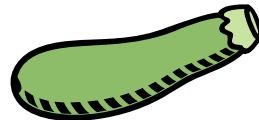


## Mini Veggie Pizza

5 English muffins (or bagels)  
8-ounce can of tomato sauce  
1 small zucchini, grated  
1 green or red bell pepper, finely chopped  
8-ounce package part-skim mozzarella  
cheese, grated  
1/2 teaspoon dry oregano

1. Slice English muffins in half. Place them on a baking sheet, and toast lightly in oven or toaster oven.
2. Grate zucchini. Chop pepper into small pieces.
3. Grate mozzarella cheese.
4. Top each muffin half with 1 tablespoon of tomato sauce. Add grated zucchini, chopped pepper, and grated cheese. Sprinkle with oregano.
5. Broil in oven until cheese is melted (about 2 minutes).

Makes: 10 pizza muffins  
(serving size: 1 pizza)



### Nutrition Information:

CALORIES 140 (32% from fat); FAT 5g (sat 3g);  
CHOLESTEROL 10mg; SODIUM 350mg; TOTAL  
CARBOHYDRATES 16; FIBER 2g; PROTEIN 9g; CALCIUM  
20%; IRON 6%

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## Lemony Green Beans

1 pound green beans, trimmed and cut into 2-inch pieces  
1 1/2 teaspoons fresh lemon juice  
1 teaspoon olive oil  
1/4 teaspoon salt  
1/8 teaspoon freshly ground black pepper

1. Steam green beans, covered, 5 minutes or until crisp-tender. Drain and return to pan.
2. Add juice, oil, salt, and pepper; toss to coat. Serve immediately.

Makes: 4 servings (serving size 1 cup)



### Nutrition Information:

CALORIES 46 (25% from fat); FAT 1.3g (sat 0.2g);  
CHOLESTEROL 0mg; SODIUM 154mg; CARBOHYDRATE  
8.4g; FIBER 1.3g; PROTEIN 2.1g; CALCIUM 43mg; IRON  
1.2mg