



**EFNEP**  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM

## Easy-Peasy Pizza



### Ingredients to make one pizza snack:

- 1 whole grain tortilla or English muffin
- 2 Tablespoons pizza or spaghetti sauce
- ¼ Cup shredded mozzarella cheese
- ¼ Cup diced deli ham or turkey pepperoni slices
- 2 Tablespoons canned pineapple tidbits
- ¼ Cup assorted sliced vegetable toppings such as mushrooms, onions and bell peppers

### Directions:

Spread sauce on tortilla or English muffin using the back of a spoon. Add cheese, meat, pineapple and veggies according to preference. Heat it up in the microwave or toast in the oven until the cheese melts. Remove carefully with potholders, as it will be hot!

### Tips:

- **Remember to wash your hands before cooking or eating!**
- Be sure to wash pineapple can lid before opening.
- Wash all produce before cutting and using.
- Refrigerate leftover ingredients in covered bowl with tight fitting lid.

*\*\*Make eating healthy and fun.*

*\*\*Allow kids to use pizza toppings to make a face or flower.*

