

English Muffin Pizza

(Makes 1 serving)

For lunch time - or anytime - pizza in a snap! Serves 1, but multiply as necessary

Ingredients:

- 1 whole wheat English muffin, split in two
- 2 tablespoons pizza sauce (or 1/4 cup reduced-sodium spaghetti sauce)
- 2 tablespoons finely chopped onion
- 3 to 5 mushrooms, thinly sliced
- 1/3 cup shredded part-skim mozzarella cheese

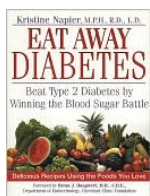
Directions:

- 1) Preheat broiler or toaster oven.
- 2) Line oven-ready baking sheet with aluminum foil.
- 3) Place English muffin halves on foil and spread each with pizza sauce.
- 4) Sprinkle onions, mushrooms, and cheese evenly over both English muffin halves.
- 5) Place under broiler or in toaster oven just until cheese bubbles and is golden brown.

Nutritional Analysis:

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|---|----------------------------|
| ▪ Calories: 328 (29% calories from fat) | ▪ Fiber: 7.8 g |
| ▪ Fat: 11 g | ▪ Cholesterol: 22 mg |
| ▪ Saturated Fat: 4.5 g | ▪ Potassium: 781mg |
| ▪ Protein: 19 g | ▪ Sodium: 618 mg |
| ▪ Carbohydrates: 43 g | ▪ Omega 3 Fatty Acids: 0 g |

Source:



Recipe developed and copyrighted by Kristine M. Napier, MPH, RD, LD.

Reprinted with permission from "Eat Away Diabetes: Beat Type 2 Diabetes by Winning the Blood Sugar Battle." Kristine Napier / Paperback / Prentice Hall Press / May 2002.

This cookbook is available in bookstores or online from BN.com or Amazon.com.