

## 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

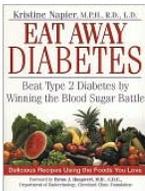
### **Directions:**

- 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:**

- Calories: 328 (29% calories from fat)
- Fat: 11 g
- Saturated Fat: 4.5 g
- Protein: 19 g
- Carbohydrates: 43 g
- Fiber: 7.8 g
- Cholesterol: 22 mg
- Potassium: 781mg
- Sodium: 618 mg
- 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.*