



Personal Snack Pizzas

Servings: 10

Ingredients:

- 12-ounce can flaky refrigerator biscuits
- 1/3 cup tomato sauce or pizza sauce
- 1 teaspoon oregano
- 1/2 small onion, chopped
- 1/2 cup low-fat cheese, shredded



Directions:

1. Preheat oven to 400 degrees F.
2. Wash hands and surfaces.
3. Pat each biscuit into a 4-inch circle on a greased baking sheet.
4. Mix tomato sauce and oregano, and spoon about 1½ teaspoons mixture on each biscuit circle. Sprinkle onions and cheese over tomato sauce.
5. Bake for 15 minutes or until lightly browned.
6. Refrigerate leftovers immediately.

Personal Snack Pizzas

Nutrition Facts

Amount Per Serving

Calories 110

Calories from Fat 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 440mg **18%**

Total Carbohydrate 14g **5%**

Dietary Fiber 0g **0%**

Sugars 3g

Protein 4g

Vitamin A 2%

Vitamin C 2%

Calcium 2%

Iron 6%

Tips:

- Choose a tomato sauce without salt.
- Substitute English muffins, whole-wheat bagels or whole-wheat tortillas for the biscuits.
- Add turkey pepperoni (it is lower in fat), ham, browned lean ground beef and leftover vegetables. Or use fresh, local veggies. Go online to find a farmers market at:
agebb.missouri.edu/fmktDir/index.htm
or other Missouri local foods at:
foodcircles.missouri.edu/sources.htm

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp/