

Snack pizza



Ingredients

- 4 reduced-fat refrigerator biscuits
- 1/2 cup tomato sauce
- 1 teaspoon oregano
- 16 slices pepperoni or 1/2 cup diced ham
- 1/2 cup shredded low-fat cheese, any kind
- May use pizza sauce for tomato sauce and oregano

Makes 4 pizzas



Directions

1. Wash hands and surfaces.
2. Preheat oven to 400 degrees F.
3. Pat each biscuit into a 4-inch circle on a greased baking sheet (for oven baking).
4. Mix tomato sauce and oregano, and spoon about 1 1/2 teaspoons of the mixture on each biscuit circle.
5. Place meat over tomato sauce.
6. Sprinkle cheese over meat and sauce.
7. Place on baking sheet and bake for 15 minutes or until crust is lightly browned. (Or, place directly in electric skillet with lid to cook 15 minutes.)
8. Refrigerate leftovers immediately.

Use hot pads to take pan from oven.



Equipment

- measuring spoons, cups
- baking sheet
- hot pads
- mixing bowl, spoon
- spatula
- timer
- oven, toaster oven or electric skillet

What does it mean?

PREHEAT:

Turn the oven on to the desired temperature and let it warm up before you put the food in for baking.



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

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