

Tiny Pizzas

1 standard-sized bagel, cut in half

Tomato sauce

Shredded mozzarella cheese

Toppings like diced green pepper, chopped onion, pepperoni, or whatever you like

Seasoning, like oregano, basil, and pepper

Spread a little tomato sauce on each bagel half. Sprinkle the shredded cheese all over the tomato sauce on each half. Add your favorite toppings. Put a light sprinkling of seasonings on each half. Enjoy!

Yield: 1 serving. Each serving contains approximately 210 calories.

Brewster Griffith

Panola County

Intermediate - Nutritious Snack