



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Pizza Faces

You will need:

English Muffins (split open)

Prepared pizza or spaghetti sauce

Grated lowfat mozzarella cheese

Vegetables such as sliced olives, sliced mushrooms, red pepper rings, chopped onions, and broccoli florets

Spoons

Clean work surface and hands

Directions:

1. Spread English muffin half with sauce and top with mozzarella cheese.
2. Using the vegetables, create a "face" design.
3. Broil 3-4 minutes or until cheese is golden and bubbly.



TV Show

Cent\$ible Nutrition Program University of Wyoming Family and Consumer Sciences

Dept 3354; 1000 E. University Ave.; Laramie, WY 82071

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