

**4 quick recipes
from Andrew High School
Fitness-Nutrition program
(Tinley Park, Illinois)**

English Muffin Pizza

Ingredients

1 English muffin sliced in half

2 Tablespoons pizza sauce

1/3 cup shredded mozzarella cheese

Directions

Slice English muffin in half. Toast muffin in toaster to crisp the bottom.

Spread pizza sauce evenly on top of the two halves of the muffin.

Sprinkle cheese on top of each muffin.

Microwave muffins for 1 minute to melt cheese and heat sauce. Continue for additional time as needed.





- **Additional Ingredients**
 - Mushrooms
 - Onions
 - Green peppers

Mexican Pizza recipe

Mexican Pizza

1- 10-inch whole wheat tortillas

¼ cup mild salsa

¼ cup of a small red onion finely,
chopped

1/3 cup reduced-fat shredded Mexican
blend cheese

1 tablespoon guacamole

Procedure

1. Heat oven to 350 degrees. Place tortilla on work surface and spread with $\frac{1}{4}$ cup salsa. Sprinkle the tortilla with onion and cheese.

2. Place tortilla on baking sheet and bake at 350 degrees for 17 minutes or until cheese is melted and tortilla is crisp. Remove from oven and top with 1 tablespoon guacamole. Serve Immediately.

Nutrition Facts

301 calories

14 g fat (7 g sat)

17 g protein

28 g carbohydrate

3 g fiber

941 mg sodium

30 mg cholesterol

Vegetable Pita Pizza

Vegetable Pita Pizza

- *Whole wheat pita*
- *2 T pizza sauce*
- *1 T parmesan cheese*
- *¼ c mozzarella cheese*
- *Vegetables: mushrooms, green peppers, onions, black olives, tomatoes, garlic*

Spread your pizza sauce on the pita

Top with cheeses and toppings

Bake at 400° on an ungreased cookie sheet for 20 minutes

Wake-up Smoothie

Wake-up Smoothie

Ingredients

¼ cup orange juice

1 banana

1 cup frozen strawberries

½ cup low-fat vanilla yogurt

Preparation

1. Cut banana and strawberries into small pieces.
2. Combine orange juice, banana, berries and yogurt in a blender.
3. Cover and blend until creamy.
4. Serve immediately.

Wake-up Smoothie: 3 servings, 1 cup each

Per serving:

157 calories

2 g fat (0 g sat, 0 g mono)

0 mg cholesterol

33 g carbohydrates

4 g protein

4 g fiber

19 mg sodium

430 mg potassium.

Nutrition Bonus: Vitamin C (110% daily value), Fiber (16% dv).