

# Snack Pizza

Now in delicious bite-size!

Serves 10



Level: Easy

**Ingredients:**

- 12-ounce can flaky refrigerator biscuits
- 1/3 cup tomato sauce
- 1 teaspoon oregano
- 1/2 small onion, chopped
- 1/2 cup shredded cheese (any kind)



**Directions:**

**Remember to wash your hands!**

1. Preheat oven to 400 degrees.
2. Pat each biscuit into a 4-inch circle on a greased baking sheet.
3. Mix tomato sauce and oregano, and spoon about 1 1/2 teaspoons of mixture on each biscuit circle.
4. Sprinkle onions and cheese over tomato sauce.
5. Bake for 15 minutes or until crust is lightly browned.
6. Refrigerate or freeze extra pizzas.



**Helpful Hints:** Be sure to always wash your hands before starting any cooking activity. Make sure your kitchen equipment is also clean.

Onion adds flavor to many foods and is easy to keep on hand. Use a cutting board when chopping an onion.

Sliced, shredded or block cheese will work in this recipe. If you have sliced cheese, just cut the slices into strips and place over sauce.

Oregano is an herb that is often used in Italian food. It may be in dried or fresh leaf form. Some cooks like to grow it in a garden or windowsill box to keep fresh herbs on hand!



**Safety Tip:** Use dry potholder to remove hot pans from oven. A damp potholder will conduct heat very rapidly and cause burns.

Chopping is an activity appropriate for children capable of using a knife safely. Young children can pat the pizza dough, add the sauce, toppings and enjoy. They will need parental help in chopping the onion and removing the pizzas from the oven.

**Kids' Tool Kit**

- Measuring cups
- Measuring spoons
- Baking sheet
- Knife
- Cutting board
- Grater
- Hot pad
- Mixing bowl
- Spatula



**Chef's Choice**

- Snack Pizza
- Chocolate Pudding
- Milk

**Nutrition Facts**

Serving Size 1 pizza (54g)  
Servings Per Container 10

Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 6g	<b>10%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 420mg	<b>18%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 4g	
Vitamin A 4%	Vitamin C 2%
Calcium 4%	Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this and other fun recipes: contact your county extension office or visit the Web site at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).