

Pyramid Pizza Snacks

Count all five food groups!

10 servings

Ingredients:

- 1 package (7.5-ounce) refrigerated biscuit dough
- 1/4 cup pizza sauce
- 2/3 cup diced ham
- 1/2 cup crushed pineapple, drained
- 2/3 cup shredded mozzarella cheese

Directions:

1. Preheat oven to 400 degrees.
2. Spray baking sheet with nonstick vegetable spray.
3. Separate biscuits and flatten on baking sheet, leaving space between biscuits so edges do not touch.
4. Spread 1 teaspoon pizza sauce on each biscuit.
5. Top each biscuit with 1 tablespoon diced ham, 2 teaspoons pineapple, and 1 tablespoon shredded cheese.
6. Bake 8-10 minutes or until biscuits are light brown and cheese is melted.

Nutrition Facts: One pizza provides 120 calories, 6g total fat, 15mg cholesterol, 300mg sodium, 11g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Pyramid Pizza Snacks
Low fat milk

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