

## Snack Pizza

*Now in delicious bite-size*

10 servings

### 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

### Directions:

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

*From Tasty Treats for Teeth Cookbook – Ks Dept of Health and Environment, 2001*

**Nutrition Facts:** One pizza provides 130 calories, 6g total fat, 5mg cholesterol, 420mg sodium, 16g 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.

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www.kidsacookin.ksu.edu

**Chef's Choice**  
Snack Pizza  
Chocolate pudding  
Milk

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