

## Pizza Boats

4 servings

When grocery shopping, use coupons only for the foods you normally buy, otherwise you could end up spending more money than you planned.

- 2 (6-inch) French rolls
- $\frac{3}{4}$  cup pizza sauce
- $\frac{1}{4}$  cup Mozzarella cheese, shredded
- $\frac{1}{4}$  cup green pepper, scrubbed with clean
- vegetable brush under running water, chopped\*
- $\frac{1}{4}$  cup onion, scrubbed with clean vegetable brush under running water, chopped\*



1. Wash hands with soap and water.
2. Preheat oven to 475° F.
3. Cut French rolls in half as you would to make a sandwich. Place each half on a baking sheet. Spread pizza sauce over each half.
4. Top each half with Mozzarella cheese, green pepper, and onion.
5. Bake for 10 minutes or until cheese is melted.

\*Add variety to your pizzas with other vegetables and toppings, such as black olive, pineapple, tomato, and mushroom

**Nutrition Information per Serving: (1/4 of recipe)** Calories 160, Total Fat 2.5g, Saturated Fat 1g, Cholesterol 5mg, Sodium 490mg, Total Carbohydrates 28g, Fiber 1g, Total Sugars 7g, includes 0g Added Sugars, Protein 7g, Vitamin D 0%, Calcium 8%, Iron 6%, Potassium 2%.