

Bagel Pizza

Makes 2 servings

- 1 4-ounce plain bagel, cut in half
- 1/4 cup pizza sauce
- 1 ounce part-skim shredded mozzarella cheese

1. Preheat broiler. Position top oven rack 4 to 5 inches below source of heat.
2. Spread each bagel half with 2 tablespoons of the pizza sauce. Sprinkle evenly with the cheese.
3. Place prepared bagels on a baking sheet and broil for 2 1/2 to 3 minutes, until cheese melts and sauce bubbles.
4. Remove from oven and serve to eat out of hand when cool enough to eat.

If your children are small, use a 2-ounce bagel and half of the remaining ingredients.

Per serving (4-ounce bagel):

204 calories
3 g total fat
34 g carbohydrate
2 g dietary fiber

Per serving (2-ounce bagel):

102 calories
2g total fat
17 g carbohydrate
1 g dietary fiber