

Committed To Kids

Low Calorie Pizza

Serves 1

Preparation Time: About 20 minutes (including cutting of vegetables and broiling time)

Exchanges per serving: English Muffin: 200 calories; 1 starch, 2 protein, 1 vegetable

Low Carb Tortillas: 355 calories; 1 starch, 4 protein, 2 vegetable

1 English muffin half or 2-6 inch low carb tortillas

2-3 tablespoons marinara sauce

1 ounce ($\frac{1}{4}$ cup) lean chopped ham (if making on the tortillas, use 1 ounce on each tortilla)

1 ounce ($\frac{1}{4}$ cup) shredded low fat cheese (if making on the tortillas, use 1 ounce on each tortilla)

Vegetable toppings of choice

Italian season (if desired)

If desired, mix the Italian seasoning to taste into the marinara sauce. Spread the marinara sauce on the English muffin half or the tortillas. Sprinkle the ham on top of the marinara sauce. Spread the vegetables (as desired) on top of the ham. Sprinkle the low fat cheese on top of the vegetables. Place under the broiler for 5 minutes, or until cheese is melted.