



Delicious Veggie Bagel Pizza

High in Fiber and omega-3 fatty acids using bagels from www.naturalovens.com

Number of Servings: 3

Calories Per Serving: 271

CPF Ratio: 60-22-19

Cooking Instructions

Defrost bagels for 30 seconds in microwave. Split in half. Top with pasta sauce (approximately 1 Tablespoon per bagel half). Top each bagel with shredded mozzarella cheese, divided evenly. Placed vegetable toppings as desired over cheese. Cut pineapple chunks in small pieces and evenly distribute. Bake in 375 degree oven for 8-10 minutes, or until desired doneness.

Vegetable Toppings: Mushroom (portabella), Peppers, Onions, Broccoli, Garlic

Note: Can use canned mushrooms, or can pre-cook portabella mushrooms and peppers together, by sauteeing or baking in oven ahead of time. Use non-stick cooking spray.

Exchanges Per Serving:

2 Bread & Cereal
 1/2 Fruit
 1 Vegetable
 1 Lean Meat
 1/2 Fat

(2 1/2 carbohydrate choices)

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.
WHOLE GRAIN BAGEL		3 bagels	255
PASTA SAUCE	Healthy Choice or Ragu Light	3 oz	85
PINEAPPLE, CHUNKS IN ITS OWN JUICE	in its own juice (drained)	5 1/2 oz	156
MOZZARELLA CHEESE, SHREDDED	2% milk natural reduced fat	3/4 cups	70
FRESH VEGETABLES		1 cup	0
	Recipe Total:		566
	Single Serving Total:		189

Nutrition Information	
Serving Size: 2 halves (189g)	
Servings: 1	
Amount Per Serving	
Calories 271	Calories from Fat 51
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 2g	11%
Cholesterol 11mg	4%
Sodium 450mg	19%
Total Carbohydrate 44g	15%
Dietary Fiber 7g	28%
Sugars 14 g	
Protein 16 g	
Vitamin A 8%	■ Vitamin C 11%
Calcium 40%	■ Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet	