



Mini Pizza Pizzettes

INGREDIENTS:

2 each	Arnold Select Sandwich Thins, whole wheat
¼ cup	Marinara sauce (H3 recipe available)
¼ cup	Onions, chopped
1 cup	Baby bella mushrooms, cleaned, sliced
¼ cup	Pineapple, diced small
1 cup	Spinach
¼ cup	Mozzarella cheese, part skim
12 each	Pepperoni slices, chopped small
1 can	Cooking spray

PREPARATION:

- Preheat oven to 350° F
- Lay sandwich thins on pre greased cooking sheet—crust side should be on the bottom.
- Then add 1 tablespoon of marinara to each sandwich thin.
- Place remaining ingredients on top of each sandwich thin- starting with the spinach, onions, mushrooms, pineapple, cheese, and pepperoni.
- Bake in oven for about 15-20 minutes

Chef's Note: *You may be wondering why on earth we are suggesting to use pepperoni? Why wouldn't we use turkey pepperoni? By cutting the pepperoni really small like bacon bits, we are able to use less and still cover all the areas. We are able to have the same flavor that we love on our pizzas but in a healthier way. This technique helps remind you that you can eat everything as long as it is in moderation.*

Serving size:	1 each or 2 for dinner portion
Calories:	170 or 340 for dinner portion
Fat:	8 or 16 for dinner portion

