

# Mama's Pizza Boats

Makes 4 servings  
Source: Spend Smart Eat Smart

- 4 hot dog buns or English muffins
- 1/2 cup pizza sauce
- 5 to 6-ounces cooked ham, beef, turkey, or Canadian bacon, sliced
- 1 cup vegetables or fruit (mushrooms, onions, bell peppers, pineapple)
- 3/4 cup cheese, shredded



1. Clean work area with warm, soapy water. Wash hands with soap and warm water for 20 seconds.
2. Heat oven to 425° F.
3. Cover baking sheet with aluminum foil if desired. Open buns or split muffins and lay cut side up on baking sheet. Toast for a few minutes in oven until tops are golden.
4. Spread about a tablespoon of sauce on each half of bun or muffin.
5. Layer meat, vegetables, or fruit on top of sauce. Sprinkle cheese on top.
6. Bake for about 10 minutes. Cheese will bubble.

\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Nutrition Facts

4 Servings Per Container  
Serving Size: 1 pizza boat

Amount Per Serving  
**Calories** **240**

% Daily Value\*

Total Fat 7g	11%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 620mg	26%
Total Carbohydrates 27g	9%
Dietary Fiber 2g	8%
Total Sugars 4g	
Added Sugars	NA*
Protein 17g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 27mg	0%

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