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.

* 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.