

Mama's Pizza Boat

Ingredients:

4 hotdog buns or English muffins

1/2 cup pizza sauce

5 to 6 ounces sliced cooked ham, beef, turkey or Canadian bacon

1 cup vegetables, such as fresh or canned mushrooms, sliced or chopped onions, sliced or chopped peppers, and/or drained crushed pineapple

3/4 cup shredded cheese

Instructions:

Heat oven to 450 degrees F.

Wash hands

Cover baking sheet with foil, if desired. Open buns or split muffins and lay cut-side up on baking sheet. Toast for a few minutes in the oven until tops are golden.

Spread about a tablespoon of sauce on each half of bun or muffin.

Layer meat and vegetables or pineapple.

Sprinkle cheese on top.

Bake for about 10 minutes or until heated through and cheese starts to bubble.

For less sodium, omit canned mushrooms and/or use sliced roast beef, pork or chicken.

Menu Idea:

Mama's Pizza Boats

Apple and Orange Slices

Oatmeal Cookies

Milk