



Personal Snack Pizzas

Servings: 10

12-ounce can flaky refrigerator biscuits

$\frac{1}{3}$ cup tomato sauce or pizza sauce

1 teaspoon oregano

$\frac{1}{2}$ small onion, chopped

$\frac{1}{2}$ cup mozzarella cheese, shredded

1. Preheat oven to 400 degrees F.
2. Wash hands and surfaces.
3. Pat each biscuit into a 4-inch circle on a greased baking sheet.
4. Mix tomato sauce and oregano, and spoon about $1\frac{1}{2}$ teaspoons mixture on each biscuit circle. Sprinkle onions and cheese over tomato sauce.
5. Bake for 15 minutes or until lightly browned.
6. Refrigerate leftovers immediately.



Nutrition Facts

10 servings per container

Serving size **1 biscuit (55g)**

Amount per serving

Calories **120**

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 440mg **19%**

Total Carbohydrate 16g **6%**

Dietary Fiber 0g **0%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 50mg **4%**

Iron 1mg **6%**

Potassium 45mg **0%**

*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.

Helpful Tips

- Choose a tomato sauce without salt to reduce sodium.
- Substitute English muffins, whole-wheat bagels or whole-wheat tortillas for the biscuits.
- Add turkey pepperoni (it is lower in fat), ham, browned lean ground beef and leftover vegetables. Or use fresh, local veggies. Go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at **1-888-515-0016**.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance