Mini Pizzas
1 tube (8 oz) refrigerated biscuits
1 cup tomato or spaghetti sauce
Thinly sliced ham or pepperoni
1 cup (4 oz) shredded mozzarella, cheddar or Swiss cheese

Place biscuits on greased baking sheet. With the floured bottom of a glass, flatten each biscuit to a 4-inch circle. Form a rim around the edges. Spread with sauce, then sprinkle meat and cheese. Bake in 425 °F oven for 10 minutes or until edges are lightly browned. Store any leftovers covered in refrigerator, up to 3 days. Reheat if desired.
Yield: 10 pizzas.
Serving tips: Alternative Crust: Use English muffins, split in half and bake at 350 °F for 5 minutes, or until cheese is melted. To raise nutritional value, add vegetable toppings such onions, bell peppers, mushrooms, spinach, etc.

Deviled Eggs
6 hard cooked eggs
2 teaspoons mustard
4 teaspoons reduced fat mayonnaise
1 teaspoon pickle relish (if desired)

Remove egg shells. Cut eggs in half and remove yolks. Mash yolks with a fork and stir in remaining ingredients. Beat with spoon until smooth. Add relish if desired. Fill the egg whites with the yolk mixture. Keep refrigerated until eaten. Sprinkle the tops with paprika if desired.
Yield: 12 egg halves.
*If there is excess yolk mixture left over, add chopped egg whites to make egg salad. Serve with crackers or on bread.
Nutrition Facts

Servings Per Recipe 5 (2 pizzas)
Amount Per Serving
Calories 339
Total Fat 17g
*Vitamin A 12%
*Calcium 16%

51% of total calories from fat
Sodium 1238mg
*Vitamin C 11%
*Iron 10%

*Percentage Daily Values

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Revised and released by Kelly Condray, MS, RD, LD, EFNEP Nutrition Specialist
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Nutrition Facts

Servings Per Recipe 12
Amount Per Serving
Calories 45
Total Fat 3g
*Vitamin A 3%
*Calcium 1%

65% of total calories from fat
Sodium 55mg
*Vitamin C 0%
*Iron 2%

*Percentage Daily Values

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