



Cornell University  
Cooperative Extension



Cornell University  
Cooperative Extension

## Mini Veggie Pizza

5 English muffins (or bagels)  
1 small zucchini, grated  
1 green or red bell pepper, finely chopped  
8-ounce package part-skim mozzarella cheese, grated  
8-ounce can of tomato sauce  
1/2 teaspoon dry oregano

1. Slice English muffins in half. Place them on a baking sheet, and toast lightly in oven or toaster oven.
2. Grate zucchini. Chop pepper into small pieces.
3. Grate mozzarella cheese.
4. Top each muffin in half with 1 tablespoon of tomato sauce. Add grated zucchini, chopped pepper, and grated cheese. Sprinkle with oregano.
5. Broil in oven until cheese is melted (about 2 minutes).



Makes: 10 servings

### Nutrition Information:

CALORIES 140 (40 from fat); FAT 4g (sat 2.5g); CHOLESTEROL 15mg; SODIUM 390mg; CARBOHYDRATE 16g; FIBER 2g; PROTEIN 8g; CALCIUM 20%; IRON 6%

## Carrot Raisin Salad

6 medium carrots  
3/4 cup raisins  
2 tablespoons plain low fat yogurt (or light mayonnaise)  
1 tablespoon orange juice

1. Wash and peel and grate carrots.
2. In a large bowl mix all ingredients together well.
3. Chill and serve.



Makes: 6 servings

### Nutrition Information:

CALORIES 80 (5 from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 50mg; CARBOHYDRATE 21g; FIBER 2g; PROTEIN 1g; CALCIUM 4%; IRON 2%