

Veggie Pie in the Sky

What You'll Need

- | | |
|---|------------------------------|
| 2 whole wheat English muffins or mini bagels, separated and toasted | 1/2 cup vegetables, chopped* |
| 4 tablespoons pizza or pasta sauce | 1/4 teaspoon oregano |
| 1/2 cup shredded low-fat mozzarella cheese | 1/4 teaspoon garlic powder |

Serves 4

Let's Cook!

- 1 Preheat oven to 350 degrees.
- 2 Cover a baking sheet with aluminum foil.
- 3 Place muffins face-up on baking sheet.
- 4 Spread 1 tablespoon of sauce on each.
- 5 Add vegetables on each muffin and sprinkle cheese on top.
- 6 Sprinkle spices on top of cheese.
- 7 Bake until cheese is melted (5-7 minutes).

*Experiment with different vegetables - give these pizza toppers a try and see which you like the best!

- olives
- green or red peppers
- carrots, broccoli
- onions
- spinach
- sliced tomatoes
- onions

Nutrition Facts

Serving Size (66g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 200mg	8%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 7g	
Vitamin A 10%	Vitamin C 20%
Calcium 25%	Iron 4%



© 2008 The Children's Hospital of Philadelphia®

Balancing Act

Everything we eat and drink provides our bodies with vitamins, minerals and energy so we can breathe, run, think, talk and live! The best way to make sure you eat and drink the right amount is to keep track of what goes into your body.

Energy from food is measured in calories. The number of calories in a food describes how much energy you will get from that food. Eating too many or too few calories may not be healthy, so it's important to balance what you eat and drink with the energy you use up.

Ideas to balance your energy intake

- » Eat from all food groups (grain, vegetable, fruit, milk, meat and beans) each day.
- » Read the nutrition facts label on food packages to find out the serving size and how much energy (calories) the food will provide to your body.
- » Eat regularly and avoid skipping meals. Try to eat three meals and one to two small snacks each day (if you get hungry between meals).
- » If you can't balance your calories in your head, write them down in an "energy balance" diary so you don't forget.
- » Avoid letting yourself get very hungry by not skipping meals or by eating a small snack between meals.
- » Avoid letting yourself get stuffed by eating slowly and stopping before you feel full.
- » Eat high-fat/high-sugar foods only on special occasions or once in a while.
- » Ask your corner store to stock healthy foods like fruit, dried fruit, yogurt, low-fat milk and granola bars.