

Smart Cucumber Pizza Bites



Nutrition Facts

3 servings per container
Serving size 6 slices (136g)

Amount per serving
Calories 70

% Daily Value*

Total Fat 3g 4%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 20mg 1%

Total Carbohydrate 6g 2%

Dietary Fiber 0g 0%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 116mg 8%

Iron 1mg 6%

Potassium 283mg 6%

*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.

Makes
3 servings

Prep time
5 minutes

Cook time
15 minutes

Low in
Sodium
Sugar

Ingredients:

- 1 fresh cucumber
- 2/3 cup low-sodium marinara or spaghetti sauce
- 1/3 cup part-skim low-sodium shredded mozzarella cheese
- Fresh basil for topping (optional)



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Directions:

1. Preheat oven to 375°F.
2. Slice cucumber into discs about 1/4 to 1/2 inch thick.
3. Coat top side of cucumber slice with spaghetti sauce, then layer with fresh basil leaf (optional) and shredded mozzarella cheese. Repeat with remaining cucumber slices.
4. Place all slices on a lightly greased baking sheet. Bake in oven for 5-8 minutes, until cheese is melted.
5. Let cool and serve warm. Refrigerate leftovers.

