Quick Pizza

Ingredients:
1 each whole wheat English muffin
1/2 cup spaghetti sauce
1/2 cup pineapple chunks in water, drained and crushed
1/2 cup ham slice, extra lean, diced
1/4 cup mozzarella cheese, part skim milk, shredded

Equipment:
Baking sheet
Spoon
Can opener
Grater
Spatula

Directions
1. Toast bread or muffin until very lightly browned
2. Preheat oven to 350º F.
3. Place toasted bread or muffin on a baking sheet
4. Spread 1/2 of the spaghetti sauce onto each slice of bread or muffin half.
5. Place 1/2 of the pineapple tidbits and 1/2 of the diced ham on each slice of bread or muffin half.
6. Bake at 350ºF for 4-6 minutes or until cheese melts and bread or muffins are thoroughly heated
7. For fun, try other vegetables and lean meats.