

Heart Healthy Recipes

from Gwinnett Medical Center



Pizza Mummies

- English muffins
- Pizza sauce
- Part skim mozzarella cheese, grated
- Black olives, sliced
- Scallions

Preparation:

Spread the pizza sauce over the half of the English muffin. Arrange the grated cheese so it looks like the cloths on a mummy, leaving an opening for the eyes. Place a small slice of scallion into the center of the black olive. Place on the English muffin for eyes. Bake at 350° until the cheese has melted about 5-10 minutes.

Calories: 230 for 2 halves; Carbs: 31g; Fat: 7g; Protein: 13g