

## PIZZA BITES



### *Ingredients*

6 Mini Bagels, Enriched or Whole Grain-Rich (at least 1 oz each)

½ Cup Chopped Onion

1 Cup Chopped Green Bell Pepper

1 Pound Ground Beef, No More than 20% Fat

16 Ounce Can Tomato Sauce

2 Ounces (½ Cup) Shredded Mozzarella Cheese

### *Directions*

1. Preheat oven to 350°F. Spray a 9 x 13 casserole dish with nonstick cooking spray and place the bagels in the dish and set aside.
2. Heat a large skillet over medium high heat, then add the onion and bell pepper. Cook until tender, about 7 minutes.
3. Add the ground beef and break it up, cooking and stirring until the meat is no longer pink.
4. Add the tomato sauce to the ground beef/vegetable mixture and stir thoroughly. Cook for an additional 5 minutes, until mixture is heated through.
5. Divide the beef mixture evenly among the bagels in the prepared dish and sprinkle with shredded cheese.
6. Bake the pizza boats for 15 minutes or until cheese is melted and bubbly.
7. Provides a meat/alt, grain and a vegetable at lunch/supper

YIELD:  
6 BITES

### *Crediting*

Provides a Meat/Meat Alternate, Grain/Bread and Vegetable at Lunch/Supper:

Toddler  
½ Bagel

Preschool  
1 Bagel

School Age  
1 Bagel

Adult  
1 Bagel