

## Miniature Cracker Pizzas

### NUTRIENT ANALYSIS

Calories	69
Protein	5 g
Carbohydrate	9 g
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	2 mg
Fiber	1 g
Sugars	0 g
Sodium	264 mg

Each serving counts as 1 starchy carbohydrate and 1 nonstarchy vegetable.

Attention all pizza lovers: With these imaginative minipizzas, which use whole-grain crackers as their base, you'll have great pizza taste without the calories and refined carbs that usually go with it. They are also perfect for a party appetizer tray.

### 4 servings

1 teaspoon dried oregano

1 teaspoon dried basil

¼ teaspoon crushed red-pepper flakes, optional

16 low-salt Triscuit crackers

16 soft and pliable sun-dried tomatoes (*see* Note page 162)

5 tablespoons plus 1 teaspoon shredded fat-free provolone or mozzarella cheese

1. Preheat broiler. Combine oregano, basil, and red-pepper flakes, if using, in a small bowl and set aside.
2. Place the crackers on a rimmed baking sheet, lay a sun-dried tomato on each one, and top with 1 teaspoon cheese.
3. Place about 5 inches below the heat source and broil just until the cheese melts, about 15 seconds. Sprinkle the herb mixture over the minipizzas and serve at once.