

# SNACK PIZZAS

*Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium*

*Serves: 4 slices*

## **Nutrition (per serving)**

Calories: 145

Total Carbohydrate: 11

Total Fat: 6.5 g

Dietary Fiber: 1 g

Saturated Fat: 3 g

Protein: 12 g

Sodium: 206 mg

## **Ingredients**

1/2lb lean ground beef

1 medium onion

1/2 cup chopped green pepper

1 clove garlic, minced

1 can (6oz) tomato paste

3/4 cup water

4.5 tsp minced fresh oregano (or 1.5 tsp dried oregano)

1.5 tsp minced fresh thyme (or 1/2 tsp dried thyme)

1/2 tsp fennel seed  
1/2 tsp garlic powder  
36 slices snack rye bread  
1/2 cup grated parmesan cheese

### **Directions**

In a skillet, brown beef, onion, green pepper and garlic; drain. Add tomato paste, water and seasonings; cook over low heat until thickened, about 10 minutes. Spread 1 Tablespoon on each slice of bread. Place on ungreased baking sheet; sprinkle with cheese. Bake at 350° for 8-10 minutes, or until heated through.

Tip: Whenever a recipe calls for fresh herbs, you may use approximately 1/3 the amount of dried herbs.