

## Mini Pizzas

A Great snack/lunch for teens (And teens at heart) – AND they're fun to make!

**And each one of these contains: (approximately)**

Calories 80    Fat 1.5g    Fiber 8g    Carbs 15g

### **What you'll need:**

Butter flavor cooking spray

Thomas Lite whole-wheat muffins (or comparable 100 calorie muffin)

Plain marinara sauce (most have comparable calories, fat, etc.)

Thyme (ground)

Fat free or low fat shredded mozzarella cheese

Low fat grated Parmesan cheese

Cookie sheet

### ***Let's get to cookin'!***

1. Preheat over to 350
2. Spray your cookie sheet with cooking spray (I'm a big believer in using aluminum foil to cover your cookie sheet, just because you don't have to wash it. Just toss the mess when you're done.)
3. Open your whole wheat muffins and lay them inside up on the cookie sheet
4. Spread 1 tablespoon of marinara sauce on each muffin and dust with thyme.
5. Place 1-tablespoon of the mozzarella on top.
6. Sprinkle 1 teaspoon Parmesan on top.
7. Pop in the oven until lightly brown (10-15 minutes depending on your oven)

*This is SO GOOD! Wowie! And so low in fat, calories and points go ahead and EAT TWO! (O.K. I've been known to eat three!)*

### ***And if you want to add:***

1. Low fat or fat free sliced pepperoni (There is also a version of veggie lovers pepperoni for the vegetarians)
2. Black or green olives
3. Ground turkey sausage (again – vegetarians can find a meatless version of ground beef or sausage and top these babies too!)

OR anything you can find on a regular pizza, but remember to add in the calories, fat, carbs, fiber and points depending on your weight loss/maintenance plan.

This is great for a football party too! And speaking of that –

**I FEEL A STORY COMIN' ON!!!!!!!!!!!!!!!**

My Daddy told me that he played in the very first football game he ever saw.

When L.V. Harrison was 13 years old there were no televisions in Marks, Mississippi to watch football games on. When he showed up for his first game the coach, to his complete surprise, put him in to play! He had practiced so knew what was expected of him but having never been on a real football field he was pretty darn intimidated. Well, the player he was the back up for got injured and so IN he went. His jersey was number eleven.

He thought he did O.K. and as he came off the field the pep squad was cheering “One, two, three, four, five, six, seven – hot dog, hot dog – look at our eleven.” Daddy, not really knowing how many players were on the field (eleven), and not knowing what a pep squad was anyway, thought they were cheering for him. They were, of course, cheering for the entire team.

Daddy’s coach brought that up before each game until he graduated from high school as a joke, but it ended up a lesson in humility. One Daddy never forgot..

My Father, L.V. Harrison, inspired this **Kitty’s Lighter Weigh** recipe  
– but my husband, Neil, actually created it!