

- » dough for 1 biscuit
- » 1 tablespoon (30 mL) tomato sauce
- » dash each garlic powder, oregano, thyme, salt
- » 1/2 ounce (15 g) meat of your choice
- » 1/2 ounce (15 g) mozzarella cheese (shredded)

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**YIELD:** 1 serving

**EXCHANGE:** 1 meat, 1 bread

**CALORIES:** 150

Press or roll biscuit dough flat. Roll edge up or place in individual baking dish. Combine tomato sauce and seasonings. Spread over entire surface of biscuit. Top with meat and cheese. Bake at 450°F (230°C) for 10 minutes.

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