

VEGGIE PIZZA

June 3, 2009

Makes: 4 servings

Serving size: 2 slices Prep Time: 20 minutes

- 1 teaspoon olive oil
- 1 cup broccoli florets
- 1 yellow squash, sliced (about 1 cup)
- 1 cup sliced mushrooms
- 1 red bell pepper, sliced into thin strips
- 2 garlic cloves, minced
- 1 12-inch prepackaged pizza crust
- ½ cup shredded, part-skim mozzarella cheese
- ¼ teaspoon ground black pepper
- ¼ teaspoon crushed red pepper flakes

1. Preheat oven to 450°. Add olive oil to a large nonstick skillet over medium heat. Add broccoli, squash, mushrooms, and red bell pepper; saute' for 3 minutes. Add garlic and saute' 30 more seconds.
2. Place pizza crust on a baking sheet. Spread the veggie mixture evenly over the pizza. Sprinkle with cheese, black pepper, and red pepper flakes.
3. Bake pizza in oven for 20 minutes or until the cheese begins to lightly brown.

Nutrition Facts per serving

Exchanges: 3 Starch, 1 Vegetable, 1 Lean Meat, 1 Fat

Calories 353, **Calories from Fat** 96, **Total Fat** 11 g, **Saturated Fat** 3 g, **Cholesterol** 8 mg, **Sodium** 632 mg, **Total Carbohydrate** 50 g, **Dietary Fiber** 3 g, **Sugars** 5 g, **Protein** 15 g



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