

Veggie-Lovers Pizza

Lunch or dinner • Serves four

Part of the Heart-Healthy Recipe Series

*Tip:
Get everyone
to help make the
pizza and have
fun in the
kitchen!*

Ingredients

- 1 package pizza dough (try whole grain - it's healthy!)
- 1 can low-sodium pizza sauce
- 1 cup low-fat shredded cheese
- 1 cup sliced mushrooms
- ½ cup diced green bell pepper
- ½ cup diced red pepper
- ½ cup diced red onion
- 1 cup spinach (torn into pieces)
- Canadian bacon chopped into bite-size pieces (this is optional but it adds protein)
- Fresh chopped basil (optional)

Directions

1. Preheat oven to 425 degrees
2. Let dough rise in a bowl, covered with a dish towel for about an hour to bring it to room temperature (or set on the counter while you work)
3. Spray cooking sheet or pizza pan with cooking spray
4. Spread dough onto pan with hands or a rolling pin (add a bit of flour if it is too sticky)
5. Pre-cook the dough for approximately 5 min; this ensures a well-cooked crust later
6. Remove from the oven
7. Spoon on a thin layer of sauce and add cheese
9. Layer toppings on top of the sauce and cheese
10. Sprinkle fresh basil, if desired
11. Finish cooking for approximately 15 minutes; based on your oven

Nutrition Facts

Serving Size 1/4 Pizza • Calories 380 • Total Fat 6.5g • Saturated Fat 2g • Sodium 810mg
Total Carbohydrate 59g • Dietary Fiber 9g • Protein 19g • Nutrition facts do not include optional ingredients



VANDERBILT HEART

For a cooking demonstration of this recipe and to find other recipes please visit VanderbiltHeart.com/recipes