

HERBED GARDEN PIZZA

Dive into mounds of luscious vegetables smothered over a whole wheat crust, artfully seasoned with olive oil-herb blend, including basil and garlic. Serve with a side salad and simple home-made vinaigrette.

Preparation time: 30 minutes

Serves: 4

INGREDIENTS:

- 2 tbsp salt-free Tomato Basil Garlic Seasoning Blend
- 2 tbsp olive oil
- 1 12-inch, whole-wheat pizza crust, thin, pre-baked
- Cooking spray
- 4 Roma tomatoes, thinly sliced
- 1½ cups cimini mushrooms, sliced
- 2 cups baby spinach
- ½ cup thinly sliced red onion
- ¾ cup shredded fat-free mozzarella cheese

DIRECTIONS:

Place rack in center of oven and preheat oven to 400 °F. In a small bowl, mix Tomato Basil Garlic Seasoning Blend with olive oil. Place pizza crust on pizza pan. Brush pizza dough with olive oil blend, reserve remainder. In a large mixing bowl, gently toss vegetables and remaining olive oil blend. Spread coated vegetables evenly over pizza dough, leaving about ½-inch border around the edges. Top vegetables with shredded cheese. Bake 10 minutes, until cheese is melted.






Serving Suggestions:

Serve with a side salad and an 8 oz glass of 100% grape juice.

Ideas for a Side Salad:

- Spinach
- Tomato slices
- Vinaigrette made with 2 tbsp olive oil, 1 tbsp vinegar, 1 tsp lemon juice, ½ tsp sugar, and 1 tbsp low-sodium seasoning blend.



Food Group Amounts	
 Dairy	½ cup
 Fruits	--
 Vegetables	1 cup
 Grains	2½ oz
 Protein	--

Nutrition Facts	
Serving Size 1 serving (100g)	
Servings Per Container 4	
Amount Per Serving	
Calories 330	Calories from Fat 150
%Daily Value*	
Total Fat 17g	26%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 300mg	13%
Total Carbohydrate 42g	14%
Dietary Fiber 8g	32%
Sugars 0g	
Protein 10g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

Recipe Submitted by Produce For Better Health Foundation



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