

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



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:

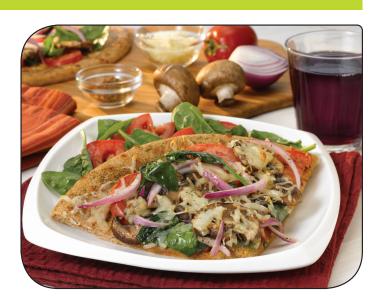
Serve with a side salad and an 8 oz glass of 100% grape juice.

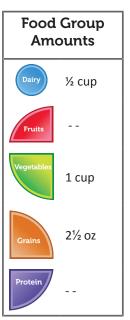
Ideas for a Side Salad:

- 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.

Recipe Submitted by Produce For Better Health Foundation







Nutr Serving Size Servings Per	1 serving (100g)	cts	
Amount Per S	Serving			
Calories 330		Calories f	rom Fat 150	
		%Dai	ly Value*	
Total Fat 17g 26			26%	
Saturated Fat:	2.5g		13 %	
Trans Fat 0g				
Cholesterol 5	img		2 %	
Sodium 300mg 13 %				
Total Carboh	ydrate 42	g	14%	
Dietary Fiber 8	3g		32 %	
Sugars 0g				
Protein 10g				
Vitamin A 0%		\ //A-	i C 00/	
	•	Vitamin C 0%		
Calcium 0%	•		Iron 0%	
* Percent Daily calorie diet. You or lower depend	ır Daily Valu	es may be	higher	
Total Fat	Less than		80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than			
Sodium	Less than		2,400mg	
Total Carb		300g	375g	
Dietary Fiber		25g	30g	

