Heart–Healthy Recipe Cards

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Title: Veggie-Lovers Pizza

Category: Lunch or Dinner

Advantage: Get all your veggie servings in one meal with this loaded vegetable pizza!!! It’s great for family dinners or casual parties with friends.

Ingredients:
1 package of favorite pizza dough (Try whole grain dough – healthy!!!)
1 can low-sodium pizza sauce
1 cup low-fat shredded cheese (Try blending different cheeses)
1 cup sliced mushrooms
½ cup green bell pepper, diced
½ cup red bell pepper, diced
½ cup red onion, diced
1 cup spinach, washed, torn into pieces
Canadian bacon, chopped into bite size pieces (optional – 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 out on the counter while you are at 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 the sauce
8. 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

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