Veggie-Lovers Pizza
Lunch or dinner • Serves four

Part of the Heart-Healthy Recipe Series

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
8. Layer toppings on top of the sauce and cheese
9. Sprinkle fresh basil, if desired
10. 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

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

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