

Healthy Pizza

Ingredients:

- Lite flat bread italian herb (Flatout found in grocery store deli departments) or Mission Carb Balance Wraps- 8" (90 to 150 calories)
- Olive oil spray
- Pre-made pizza sauce or fire roasted garlic diced tomatoes (approx. 30 calories per ½ cup)
- Vegetables you enjoy, like mushrooms, peppers, broccoli, onions (approx. 20 calories per cup)
- White meat chicken (70 cal. 1/3 cup) or turkey pepperoni (70 cal. per 1 oz)
- Part skim mozzarella cheese (¼ cup per 80 calories)

Directions:

1. Spray flat bread or wrap with olive oil and crisp both sides on a flat hot skillet.
2. Heat pre-made pizza sauce or fire roasted garlic diced tomatoes in a saucepan.
3. Spread pasta sauce or tomatoes on your crisp – flatbread or wrap.
4. Lightly stir fry veggies you chose. Keep them a little crisp.
5. Add your hot veggie mix on top of sauce.
6. Top with chicken or turkey pepperoni .
7. Sprinkle with part skim mozzarella cheese while hot.

Mix and match your ingredients—chicken/spinach/feta cheese is also wonderful. You now have a personal size pizza that is colorful and nutritious, plus high in fiber and protein.

Nutritional Information: Approx. 350 calories, 10 + grams fiber, 15+ grams of protein, low fat.

Shared by: Teresa Perciful, RN