

## Pizza Party

### What you need:

- 1 prepared 12 inch pizza crust (can also make mini pizzas using 1/2 small bagels, 1/2 english muffins or 6 inch whole grain soft tortillas)
- non stick cooking spray
- 1 cup tomato sauce
- 3 cups chopped veggies: onion, peppers, carrots, mushrooms, zucchini, tomatoes
- 8 ounces of shredded low fat mozzarella cheese
- fresh or dried oregano or Italian seasoning
- grated parmesan cheese (for low lactose diets, try soy cheese or less parmesan cheese)



(over for directions, nutritional information)

## Pizza Party (continued)

### How to make:

Pre-heat oven to 375 degrees. Place pizza crust on a cookie sheet sprayed with non stick cooking spray. Spoon the tomato sauce onto the crust. Arrange the veggies over the sauce. Sprinkle mozzarella cheese over the veggies. Sprinkle oregano or Italian seasoning and parmesan cheese over the top of the pizza. Bake for 8 – 12 minutes, just until cheese melts and crust browns. Makes 6 servings.

### Nutrition Information:

Serving Size:	1/6 pizza
Calories:	180 calories
Fat:	4 gm.
Carbohydrate:	25gm.
Fiber:	3gm.
Protein:	10gm.
Sodium:	300mg.



Recipe courtesy of Lifetime Health Medical Group