



Spunky Vegetable Pizza

Makes 8 servings

Nutrition information
per serving:

Calories:	213
Carbohydrate:	29 g
Protein:	13 g
Total Fat:	6 g
Saturated Fat:	2 g
Cholesterol:	10 mg
Sodium:	494 mg
Dietary Fiber:	2 g

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INGREDIENTS

- | | |
|-----------------------------|----------------------------------------------------------|
| 3/4 cup pizza sauce | 1/2 cup sliced red OR green bell pepper |
| 1 large Italian pizza shell | 5 to 6-oz. shredded, lowfat mozzarella OR cheddar cheese |
| 1 cup chopped broccoli | |
| 1 cup shredded carrots | |

PREPARATION

1. Preheat the oven to 450°F.
2. Spoon pizza sauce on pizza shell.
3. Put pizza shell on a cookie sheet. Arrange vegetables over sauce. Sprinkle on the cheese.
4. Bake for 10 minutes.
5. When baked, cool pizza for 3 minutes before slicing. Cut into 8 wedges.



Recipe courtesy of Dole Consumer Food Center.

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