



Veg Out Pizza

4 Servings - 2 slices per serving

INGREDIENTS

- 1 cauliflower pizza crust
- ½ cup pizza sauce
- 1 cup cherry tomatoes, halved
- 1 cup mushrooms, halved
- ½ red bell pepper, thinly sliced
- ½ green bell pepper, thinly sliced
- ½ cup crumbled fat-free feta cheese
- Handful fresh basil, chopped
- 1 tablespoon balsamic vinegar

DIRECTIONS

1. Preheat the oven to 425°F.
2. Remove the crust from all packaging. Place the crust on a clean work surface.
3. Spread the pizza sauce evenly over the crust.
4. Top with the tomatoes, mushrooms, both bell peppers, feta and basil. Drizzle with the vinegar.
5. Bake for 13 to 16 minutes.

NUTRITION ANALYSIS (PER SERVING)

Calories	210
Total Fat	5 g
Saturated Fat.....	1 g
Trans Fat.....	0 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	3 g
Cholesterol.....	18 mg
Sodium.....	585 mg
Carbohydrates.....	31 g
Fiber	2 g
Sugars	7 g
Added Sugars	2 g
Protein	11 g

Dietary Exchanges: 3 vegetable, 1 lean meat

This recipe from CAULIPOWER is an American Heart Association Heart-Check Certified recipe.

