

Recipe Title: Veggie Pizza

Ingredients:

- 1 12 inch whole-wheat pizza crust
- 1 6 oz. can low sodium tomato paste
- 2 cups low-fat mozzarella cheese, shredded
- vegetables for topping: 3 oz. can of black olives, washed and drained; 1/4 bell pepper; 1 tomato; 1 zucchini
- Optional spices to taste: we used about a teaspoon of Italian seasoning

Katie Carnes, Maggie Horton, Amy McConnell



Method:

1. Preheat oven to 360 F.
2. Dice veggies and mix them in a bowl. Rinse the olives to reduce sodium content.
3. Evenly spread tomato paste on whole-wheat crust.
4. Sprinkle tomato paste with desired spices.
5. Evenly sprinkle cheese over tomato paste, leaving about 1/2 cup to sprinkle on after the veggies are placed.
6. Spread vegetables on pizza, and add remaining cheese.
7. Cook pizza for 15-20 minutes, or until cheese is melted and edges of crust are brown.
8. Let cool for 10 min. before slicing into 6 pieces.

Number of servings: 6

Nutritional Analysis

Total Recipe: 950 g, 919 Calories, 40 g Protein, 114 g Carbs, 25.4 g Fat, 2117 mg Sodium



Individual Serving: 158.3 g, 153.16 Calories, 6.6 g Fat, 19 g Carbs, 4.23 g Fat, 352.8 mg Sodium



Something special:

Tomato paste is much lower sodium content than pizza sauce!

Get creative! Add whatever vegetables, fruits, or spices you like. This is an easy recipe--and great for a dental student's budget.