

Salad Pizza

Serves: 4

Ingredients

1 medium bunch (about 2 cups) arugula or other leafy greens, rinsed, drained, and finely chopped	Whole-wheat pizza dough or pre-baked whole-wheat pizza shell, roughly 12-inches in diameter
1 large tomato, seeded and chopped	Dash of garlic powder (optional)
1 small red onion, finely diced	Dash of oregano (optional)
1 small red bell pepper, cut into thin strips	$\frac{3}{4}$ cup low-sodium pizza sauce
1 small yellow bell pepper, cut into thin strips	$\frac{1}{4}$ cup grated reduced-fat Parmesan cheese
2 tsp. olive oil	
2 tsp. red wine or apple cider vinegar	

Preheat oven to 425 degrees. Place greens in mixing bowl. Add tomato, onion, and peppers. Meanwhile, in a small bowl, mix the oil and vinegar. Add dressing to salad and toss it with fork. Set aside.

If you are using fresh dough, roll it out and let rise according to package directions. For some added flavor, consider sprinkling the dough with garlic powder and oregano before baking. Top dough or pre-made pizza crust with pizza sauce, leaving a $\frac{1}{2}$ -inch border. Bake dough for 8 minutes or until crust is crisp. If you choose a pre-made pizza shell, bake according to package directions.

Remove crust from oven and, while the pizza is still hot, cover it with salad greens. Lightly sprinkle the top with grated Parmesan cheese. Cut pizza into individual servings and serve immediately.

Per serving: 280 calories, 8 g total fat (3 g saturated fat), 46 g carbohydrates, 12 g protein