

## Cheese Pizza



Serve your pizza with fresh fruit and a mixed green salad garnished with red beans to balance your meal.

### Ingredients - serves 4:

- Whole wheat flour
- 1 can (10 oz) refrigerated pizza crust
- 2 tablespoons olive oil
- 1/2 cup low-fat ricotta cheese
- 1/2 teaspoon dried basil
- 1 small onion, minced
- 2 cloves garlic, minced
- 1/4 teaspoon salt (optional)
- 4 ounces shredded part-skim mozzarella cheese
- 2 cups chopped mushrooms
- 1 large red pepper, cut into strips

### Procedure:

- Preheat oven to 425°F.
- Spread whole-wheat flour over working surface. Roll out dough with rolling pin to desired crust thickness.
- Coat cookie sheet with cooking spray. Transfer pizza crust to cookie sheet. Brush olive oil over crust.
- Mix the ricotta cheese with the dried basil, onion, garlic, and salt; spread this mixture over crust.
- Sprinkle crust with mozzarella cheese. Top cheese with mushrooms and red pepper.
- Bake at 425°F. Oven for 13-15 minutes until cheese melts and crust is deep golden brown.
- Cut into 8 slices.

### Nutrition Information:

<b>Serving size</b>	<b>2 slices (1/4 of pie)</b>
Calories	351
Carbohydrate	34 grams
Protein	18 grams
Fat	16 grams