



Let's cook something delish!

Herbed Garden Pizza

4 servings

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Ingredients

- 2 T. salt-free Tomato Basil Garlic Seasoning Blend
- 2 T. olive oil
- 1 12-inch, whole-wheat pizza crust, thin, pre-baked
- Cooking spray
- 4 Roma tomatoes (thinly sliced)
- 1 ½ c. crimini mushrooms (sliced)
- 2 c. baby spinach
- ½ c. thinly sliced red onion
- ¾ c. shredded fat-free mozzarella cheese

Directions

1. Place rack in center of oven and preheat oven to 400 F.
2. In a small bowl, mix Tomato Basil Garlic Seasoning Blend with olive oil.
3. Place pizza crust on pizza pan. Brush pizza dough with olive oil blend, reserve remainder.
4. In a large bowl, gently toss vegetables and remaining olive oil blend.
5. Spread coated vegetables evenly over pizza dough, leaving about ½-inch border around the edges. Top vegetables with shredded cheese.

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Calories: 300, Total fat: 17 g, Saturated fat: 3 g, Cholesterol: 5 mg, Sodium: 300 mg, Total Carbohydrate: 42 g, Fiber: 8 g, Total Sugars: 0 g, Protein: 10 g, Vitamin D 0 mcg, Calcium: 200 mcg, Iron 3 mg, Potassium 430 mg

Source: myplate.gov

Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.