



Sausage-Topped Pizza Swap



Entire recipe: 290 calories, 8g total fat (2.5g sat. fat), 834mg sodium, 33g carbs, 7g fiber, 3g sugars, 19g protein

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Prep: 10 minutes **Cook:** 20 minutes



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Ingredients

1 stick light string cheese
1 frozen meatless or turkey sausage patty with 80 calories or less
2 tbsp. diced bell pepper
2 tbsp. diced onion
1 high-fiber pita
2 tbsp. pizza sauce
Optional toppings: garlic powder, red pepper flakes

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Break string cheese into thirds and place in a blender or food processor--blend at high speed until shredded. (Or pull into shreds and roughly chop.)

Bring a skillet sprayed with nonstick spray to medium heat. Cook sausage patty for 4 minutes. Flip patty and cook for 2 minutes.

Add veggies to the skillet with the sausage and cook for 2 minutes, or until sausage is hot and cooked through and veggies have slightly softened and lightly browned.

Lay pita on the baking sheet and evenly spread with pizza sauce, leaving a 1/2-inch border. Sprinkle with cheese.

Roughly chop sausage and sprinkle over cheese, along with veggies. Bake until hot and lightly browned, 10 to 12 minutes. Enjoy!

MAKES 1 SERVING

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