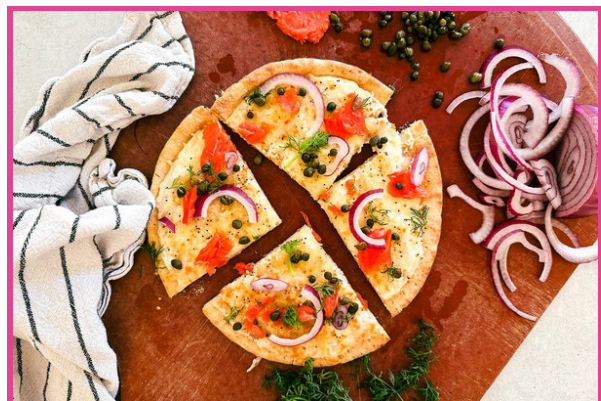




Everything Bagel White Pizza



Entire recipe: 270 calories, 10g total fat (5.5g sat. fat), 673mg sodium, 37g carbs, 6.5g fiber, 3g sugars, 18g protein

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Prep: 5 minutes **Cook:** 10 minutes

Cool: 5 minutes



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Ingredients

2 tbsp. light/low-fat ricotta cheese
1 tbsp. whipped cream cheese
1/4 tsp. garlic powder
1 whole-wheat pita
1/4 cup shredded part-skim mozzarella cheese
1/4 tsp. everything bagel seasoning
Optional toppings: smoked salmon, arugula, chopped cucumbers, thinly sliced red onion, chopped tomatoes, capers, fresh dill

Directions

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

In a small bowl, mix ricotta, cream cheese, and garlic powder. Place pita on the baking sheet, and spread with seasoned ricotta, leaving a 1/2-inch border.

Top with mozzarella and everything bagel seasoning. Bake until hot and lightly browned, 10–12 minutes.

Let cool slightly, about 5 minutes.

Top as desired.

MAKES 1 SERVING

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