



Mini Deep-Dish Spinach Pizzas



1/12 of recipe (1 mini pizza): 159 calories, 4.5g total fat (2.5g sat. fat), 578mg sodium, 20g carbs, 2g fiber, 3g sugars, 9.5g protein

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Prep: 25 minutes **Cook:** 15 minutes



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Ingredients

Two 10-oz. packages frozen chopped spinach, thawed and squeezed dry
1 1/2 cups shredded part-skim mozzarella cheese
1 tbsp. chopped garlic
1/2 tsp. salt
1 cup canned crushed tomatoes
1/4 tsp. garlic powder
1/4 tsp. Italian seasoning
1/4 tsp. onion powder
1 package [Pillsbury Classic Pizza Crust refrigerated dough](#)
1/4 cup grated Parmesan cheese

Directions

Preheat oven to 375°F. Spray a 12-cup muffin pan with nonstick spray.

In a large bowl, thoroughly mix spinach, shredded cheese, garlic, and salt. In a medium bowl, mix crushed tomatoes with remaining seasonings.

Roll or stretch out dough into a large rectangle of even thickness, at least 12" X 9". Evenly cut dough into 12 squares. Place each square in a muffin cup, and press it into the bottom and up along the sides.

Evenly distribute spinach-cheese mixture among the cups, about 3 tbsp. each, and firmly pack it in.

Evenly top with seasoned crushed tomatoes (about 1 tbsp. per cup) and sprinkle with Parm (1 tsp. per cup).

Bake until dough is firm and golden brown and filling is hot, about 15 minutes.

MAKES 12 SERVINGS

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