



Pickle Pizza



Entire recipe: 300 calories, 11g total fat (5g sat. fat), 960mg sodium, 38g carbs, 7g fiber, 4g sugars, 19.5g protein

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Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

3 tbsp. light/low-fat ricotta cheese
1/4 tsp. garlic powder
1 whole-wheat pita
1/4 cup shredded part-skim mozzarella cheese
8 dill pickle chips
1 dash dried dill
1/4 oz. (about 8 small) salted potato chips

Directions

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

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

Top with remaining ingredients. Bake until hot and lightly browned, 10–12 minutes.

MAKES 1 SERVING

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