



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

Freestyle™ [SmartPoints®](#) value 6*

[SmartPoints®](#) value 7*

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



Tagged: [Lunch & Dinner Recipes](#), [Meatless Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

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

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.