



Veggie & Ricotta Pizza



Entire recipe: 255 calories, 5.5g total fat (2g sat. fat), 826mg sodium, 42.5g carbs, 8.5g fiber, 7.5g sugars, 16g protein

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



Ingredients

1/4 cup sliced mushrooms
1/4 cup chopped onion
1 cup chopped spinach leaves
1/4 cup light or low-fat ricotta cheese
1 tbsp. finely chopped fresh basil
1/8 tsp. garlic powder
1/8 tsp. black pepper
Dash salt
1 high-fiber pita
2 tbsp. pizza sauce
2 tsp. reduced-fat Parmesan-style grated topping
Optional topping: red pepper flakes

Directions

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

Bring a skillet sprayed with nonstick spray to medium-high heat. Cook and stir mushrooms and onion until softened, about 5 minutes. Add spinach and cook and stir until wilted, 1 to 2 minutes. Remove from heat and blot away excess moisture.

In a medium bowl, thoroughly mix ricotta cheese, basil, and seasonings.

Lay pita on the baking sheet. Evenly spread with pizza sauce, leaving a 1/2-inch border. Top with cooked veggies. Drop ricotta mixture in evenly sized mounds over the veggie layer and sprinkle with Parm-style topping.

Bake until hot and lightly browned, 10 to 12 minutes. Enjoy!

MAKES 1 SERVING

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