



## 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

**Green Plan [SmartPoints](#)® value 7\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 5\***

**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

[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.