

Pizza with Mushrooms

Ingredients:

1 tbsp. extra virgin olive oil
 1 lb. fresh white mushrooms
 1 medium onion, chopped
 2 garlic cloves, minced
 2 tbsp. parsley, chopped
 ½ medium red bell pepper
 ½ medium green bell pepper
 ½ small zucchini
 1 part skim mozzarella cheese
 16 oz. regular pizza dough or whole wheat



Nutrition Facts

Serving Size 1 slice (175g)
 Servings Per Container 8

Amount Per Serving	
Calories 210	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 390mg	16%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 10g	
Vitamin A 8%	• Vitamin C 40%
Calcium 10%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Directions:

1. Heat oven to 450°F. Heat oil in 12-inch nonstick skillet over high heat. Cook mushrooms, bell pepper, zucchini, onion and garlic in oil about 5 minutes, stirring frequently, until onion is crisp-tender. Stir in parsley.
2. Spoon mushroom mixture over pizza crust. Sprinkle with cheese.
3. Bake 8 to 10 minutes or until cheese is melted.