

# White Bean and Spinach Pizza

### Ingredients:

- ½ cup sun dried tomato halves (not oil-packed)
- 15 ounce can cannellini (white kidney) bean, drained and rinsed
- 2 garlic cloves, finely chopped
- 1 Prebaked thin Italian pizza crust (12inch)
- ¼ tsp. oregano leaves
- 1 medium tomato, chopped
- 10 ounces firmly packed washed fresh spinach leaves
- ½ yellow bell pepper, chopped
- ½ red bell pepper, chopped
- ¾ cup mozzarella cheese



### Nutrition Facts

Serving Size 2 slices (301g)  
Servings Per Container 4

Amount Per Serving

Calories 230      Calories from Fat 50

% Daily Value\*

Total Fat 6g      9%

Saturated Fat 2g      10%

Trans Fat 0g

Cholesterol 15mg      5%

Sodium 430mg      18%

Total Carbohydrate 33g      11%

Dietary Fiber 8g      32%

Sugars 7g

Protein 15g

Vitamin A 150% • Vitamin C 150%

Calcium 30% • Iron 25%

\*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



\*SOY FREE

### Directions:

1. Heat oven to 425 degrees F.
2. Pour enough boiling water over dried tomatoes to cover; let stand 10 minutes . Drain. Cut into thin strips; set aside.
3. In food processor, place beans and garlic. Cover; process until smooth. Spread beans over pizza crust.
4. Sprinkle with oregano, tomatoes, spinach and cheese. Top with vegetables.
5. Place on ungreased cookie sheet. Bake about 10 minutes or until cheese is melted.