

Two Cheese Pizza

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Ingredients:

- Whole wheat flour
- 1 10-oz. can refrigerated pizza crust
- 2 Tbsp. olive oil
- 1/2 c. low-fat ricotta cheese
- 1/2 tsp. dried basil
- 1 small onion, minced
- 2 cloves garlic, minced
- 1/4 tsp. salt (optional)
- 4 oz. shredded mozzarella cheese
- 2 c. chopped mushrooms
- 1 red or green pepper, cut into strips

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Directions:

- Preheat oven to 425 degrees. Spread whole wheat flour over working surface. Roll out dough with rolling pin to desired crust thickness. Coat cookie sheet with cooking spray. Transfer pizza crust to cookie sheet. Brush olive oil over crust. Mix ricotta cheese with dried basil, onion, garlic and salt; spread this mixture over crust. Sprinkle crust with mozzarella cheese. Top cheese with mushrooms and red or green pepper. Bake at 425 degrees for 13-15 minutes until cheese melts and crust is golden brown. Cut into 8 slices.

Makes 4 servings. Per Serving: 351 calories, 34 grams (g) of carbohydrate, 18 g of protein and 16 g of fat.

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SERVICE