

Green Pizza

Adapted from Eating Well Magazine

Serves 4

4 Pita, tortillas or flat breads
2 cups chopped fresh broccoli florets (look for bags of florets in the produce section)
¼ cup water
5 ounces arugula chopped (look for bags of arugula in the produce section)
Salt to taste
Freshly ground pepper to taste
4-5 tbsps prepared pesto
1 cup shredded part-skim mozzarella cheese

Preheat oven to 450 degrees
Cook broccoli and water in a large skillet over medium heat, covered, until broccoli is crisp tender, about 3 minutes
Stir arugula into the skillet and cook till wilted about 1-2 minutes more
Drain vegetables well
Place pita or flat breads on a baking sheet, place in oven until hot
Spread pesto evenly over the crusts, top with broccoli mixture, salt and pepper to taste and sprinkle with cheese
Bake until crispy and cheese is melted, about 8-10 minutes

Alternatives: baby spinach, adding tomatoes and roasted red peppers for a red and green pizza

Per serving:
247 calories
22 g carbohydrates
5 g fiber
13.6 g protein
12.6 g fat
3 g sat fat
18 mg cholesterol
428 mg sodium

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