

Flatbread Pizza with Fresh Vegetables



Pizza ingredients:

- 1 (6 inch) whole wheat flatbread
- 2-3 tablespoons pizza sauce (low sodium) – *or make your own, below*
- ½ cup fresh vegetables like mushrooms, peppers, broccoli, carrots, onions, cauliflower or cabbage
- 1/3 cup skim mozzarella cheese, shredded

Low Sodium Pizza Sauce ingredients:

- 1 can (15 oz.) no-salt-added tomato sauce
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon oregano
- 1 teaspoon dried basil
- 1/4 teaspoon black pepper

**Seasonal
and Simple**

A program of University
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**See instructions for
both on reverse.**

Source: seasonalandsimple.info

Flatbread Pizza with Fresh Vegetables continued

Instructions for pizza:

1. Preheat oven to 400°F.
2. Lay flatbread on baking sheet.
3. Spread pizza sauce on flatbread.
Leave ¼-inch empty around the edge of the bread.
4. Add vegetables on top of sauce.
5. Sprinkle cheese over vegetables.
6. Bake until cheese is melted and golden.
This will take about 8-10 minutes.

Instructions for pizza sauce:

1. Mix all ingredients in a small saucepan.
2. Cook on medium low heat for 5 minutes, stirring occasionally.
3. Let cool before using.

Enjoy making this healthy and delicious recipe!

Visit marc.org/kcfresh for more information and recipes.

