

Pizza with Arugula, Sautéed Vegetables, and Goat Cheese

(Makes 5 servings)

Craving Pizza? Look no further than this delicious and heart healthy pizza recipe! A perfect appetizer to serve to guests or an easy meal to dish up for the family. You can feel confident that you're serving up not only a mouth-watering treat, but also helping to keep their hearts healthy!

Ingredients:

- 1 teaspoon extra virgin olive oil
- 1 small onion, thinly sliced
- 2 garlic cloves, minced
- ½ red bell pepper, seeded and thinly sliced
- 1/3 pound asparagus, tough ends removed, cut into 1-inch pieces (about 1 cup)
- 3 cremini mushrooms, very thinly sliced
- 2 tablespoons balsamic vinegar
- 3 ounces baby arugula
- One 10-ounce prepared thin whole wheat pizza shell
- 5 ounces reduced-fat goat cheese, crumbled
- Olive oil cooking spray

Directions:

- 1) Place a pizza stone in the oven and preheat to 500 degrees or preheat oven according pizza shell package.
- 2) Heat the oil in a nonstick skillet. Add the onions, garlic, bell pepper, asparagus, and mushrooms. Sauté over medium heat for 5 minutes, until the onion softens and becomes translucent and the vegetables begin to soften. Stir in the vinegar and cook over medium-high heat for another 3 minutes. Remove from the heat.
- 3) Mound the arugula on the pizza shell, leaving a 3/4-inch border. Spread the cooked vegetables over the arugula. Drizzle with the vinegar remaining in the pan. Top with goat cheese and coat with cooking spray.
- 4) Carefully place the pizza on the preheated stone or baking sheet. Bake for 12 minutes or according to package, until the crust is crisp and the cheese begins to soften. Remove from the oven and allow to cool for 2 minutes. Slice into wedges and serve.



Nutritional Analysis: (per serving – 1/5 of pie)

- Calories: 240
- Fat: 7 g
- Saturated Fat: 3 g
- Sodium: 440 mg
- Protein: 11 g
- Carbohydrates: 36 g
- Sugars: 0 g
- Dietary Fiber: 5 g