

Grilled Pizza

Experiment with different vegetables and fruits on your grill this upcoming grilling season for a healthy grilling experience.

INGREDIENTS

- 1 package prepared whole-wheat pizza crust (found in refrigerated section)
- ½ cup prepared pesto sauce
- 4 oz. of soft, low-fat goat cheese, cut in small cubes
- 1 large ripe tomato, sliced thin
- ⅓ cup of canned roasted red pepper, drained well and cut in thin strips
- 6 oz. pre-cooked chicken breast, cut in small chunks



PREPARATION

1. Spray or brush grill grate with oil. Preheat grill to medium-high.
2. Brush or spray a cutting board or large pan with olive oil. Spread out pizza dough with oiled fingers into the desired crust shape.
3. Prepare vegetables, chicken and cheese in small cups or bowls. Set aside.
4. When you are ready to grill, put pizza dough on grill and cover. Cook for approximately 2-3 minutes, or until the top begins to bubble and the bottom is lightly browned.
5. Flip over and brush with pesto sauce. Working quickly, add the tomatoes, roasted red peppers and chicken. Dot with cheese. Cover and cook for another 2-3 minutes, or until the cheese is melted.
6. Take off the heat and enjoy!

Makes 6 servings

NUTRITIONAL ANALYSIS (per serving)

Calories: 428
Total fat: 12g
Saturated Fat: 5g
Fiber: 6g
Sugar: 3g
Protein: 24g
Sodium: 540mg
Calcium: 95mg
Magnesium: 80mg
Potassium: 410mg