

Rainbow Pizza

Makes: 4 servings

Ingredients

- 1 (12") pizza crust
- 2 Tbsp olive oil
- 2 tsp minced garlic
- 1 cup skim shredded mozzarella cheese
- 1 cup cherry tomatoes, halved
- ½ cup diced orange bell pepper
- ¼ cup of corn
- ¼ cup diced green bell pepper
- ¼ cup sliced black olives
- 2 Tbsp diced red onion

Directions

1. Preheat oven to 450°F.
2. Brush pizza crust with 1 Tbsp olive oil, spread the garlic on top, and cover with shredded mozzarella.
3. Arrange tomatoes in a ring around the edge of the pizza, followed by orange peppers, corn, green peppers, black olives, and finally red onions to create "rings" over the entire pizza.
4. Drizzle pizza with remaining 1 Tbsp olive oil and bake for 8-10 minutes or until cheese is melted and veggies are soft. Cool and serve.

Total Cost: \$8.33

Serving Cost: \$2.08

Source: Adapted from United Methodist Church Huntington: Abundant Health Recipe Packet - 4/2019



Nutrition Facts	
4 servings per container	
Serving size	1/4 Pizza (213g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 180mg	8%
Total Carbohydrate 47g	17%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 251mg	20%
Iron 1mg	6%
Potassium 216mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

