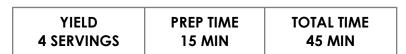
Magnificent Microgreen Pizza

This recipe uses nutrient rich microgreens as a topping for traditional pizza and uses a quick and easy crust technique that adds extra protein from Greek yogurt!





INGREDIENTS

Olive Oil
Yellow Onions, chopped (about ½ a
medium onion)
Garlic, minced
Roma tomatoes, small dice
Italian Seasoning, <u>divided</u>
Red Pepper Flakes, crushed
Kosher Salt
Greek Yogurt, plain, non-fat
Whole Wheat flour
All-purpose flour
Garlic powder
Mozzarella Cheese, part-skim,
shredded
Microgreens, any variety

CHEF'S NOTES

Time for a pizza party! Eating pizza doesn't always have to be super indulgent. Microgreens are greens that are harvested when they are very young and they pack a big punch of vitamins and minerals in a tiny package. There are so many different types of microgreens to choose from, too! Whether its broccoli, cabbage, snow peas, or radish, all microgreens have different flavors and nutrients - you can't go wrong adding them to all your favorite foods for an easy nutrition boost!

DIRECTIONS

- 1. Gather all necessary equipment and ingredients. Preheat oven to 375°F. Line a baking sheet with parchment paper and spray it with non-stick cooking spray and set aside.
- 2. Make the sauce: Heat a small saucepot over medium heat. Once hot, add the olive oil then the onion, and cook for about 2-3 minutes, until onions are translucent. Add the garlic and cook until fragrant, about 30 seconds.
- 5. Add 2 tsp of Italian seasoning, diced tomatoes, and red pepper flakes.
- 6. Using the back of a wooden spoon, smash down tomatoes to release their liquid and form a sauce. Cook for 20 minutes, stirring occasionally.
- 7. Next, combine the Greek yogurt with the whole wheat and the all-purpose flour and mix until thoroughly combined. Add the garlic powder and the remaining 1 tsp of Italian seasoning.

- 9. Mix the dough well and transfer to the lined pan. For personal sized pizzas, separate dough into two balls to make two small pizzas. Using clean hands, spread the dough into the desired shape.
- 10. Transfer to the oven and bake for about 5 minutes.
- 11. Remove the crust and even top with tomato sauce then mozzarella.
- 12. Bake for 20 minutes or until the cheese is melted and crust golden brown.
- 13. Allow to cool slightly, then sprinkle the microgreens on top and enjoy!

Nutrition Facts 4 servings per container		
Amount per servi	ing	
Calories		350
		% Daily Value *
Total Fat 9g		12%
Saturated Fat	2.5g	14%
Trans Fat 0g		
Cholesterol 15	mg	5%
Sodium 300mg	J	13%
Total Carbohyo	drate 50g	18%
Dietary Fiber	5g	17%
Total Sugars 1	l1g	
Includes 0g	Added Sugars	0%
Protein 19g		38%
Vitamin D 0.08n	ncg	0%
Calcium 170mg		13%
Iron 1mg		8%
Potassium 200r	na	5%







