

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!

YIELD 4 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

1 Tbsp	Olive Oil
1 cup	Yellow Onions, chopped (about ½ a medium onion)
3 cloves	Garlic, minced
4 each	Roma tomatoes, small dice
3 tsp	Italian Seasoning, <u>divided</u>
½ tsp	Red Pepper Flakes, crushed
¼ tsp	Kosher Salt
1¾ cup	Greek Yogurt, plain, non-fat
¾ cup	Whole Wheat flour
¾ cup	All-purpose flour
1 tsp	Garlic powder
¾ cup	Mozzarella Cheese, part-skim, shredded
¼ cup	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

Serving Size 1/2 personal pizza (338 g)

Amount per serving

Calories **350**

% Daily Value *

Total Fat 9g **12%**

Saturated Fat 2.5g **14%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 300mg **13%**

Total Carbohydrate 50g **18%**

Dietary Fiber 5g **17%**

Total Sugars 11g

Includes 0g Added Sugars **0%**

Protein 19g **38%**

Vitamin D 0.08mcg 0%

Calcium 170mg 13%

Iron 1mg 8%

Potassium 200mg 5%

*The % Daily Value (DV) 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.

