

Week Nine

FIRE UP FOR FALL FITNESS



Pepperoni Pizza

Pizza is usually so high in saturated fat and sodium that it's earned a top spot on the "heart attack to go" food list. But this whole-wheat pizza, topped with a sauce that provides extra beta carotene and fiber, is both healthy and flavorful. This recipe uses low-fat turkey pepperoni, but try your favorite sliced vegetables as optional toppings.

Ingredients:

1 lb	Prepared whole-wheat pizza dough, thawed if frozen
1 C	Canned unseasoned pumpkin puree
1/2 C	Canned no-salt tomato sauce
1/2 tsp	Garlic powder
1 C	Shredded part-skim mozzarella
1/2 C	Grated Parmesan cheese
2 ounces	Turkey pepperoni (1/2 C)

Directions:

1. Place oven rack in the lowest position; preheat to 450° F. Coat a large baking sheet with cooking spray.
2. Roll out dough on a lightly floured surface to the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8-10 minutes.
3. Whisk pumpkin puree, tomato sauce and garlic powder in a small bowl until combined.
4. Spread sauce evenly over the baked crust. Top with mozzarella, Parmesan and pepperoni. Bake until the crust is crispy on the edges and the cheeses have melted, about 12 minutes.



Each serving provides:

Calories: 280	Total fat: 6 g
Saturated Fat: 3 g	Carbohydrate: 35 g
Protein: 16 g	Fiber: 3 g
Sodium: 597 mg	Cholesterol: 30 mg
Potassium: 145 mg	

Nutrition bonus:

Vitamin A: 120% dv	Calcium: 25% dv
--------------------	-----------------