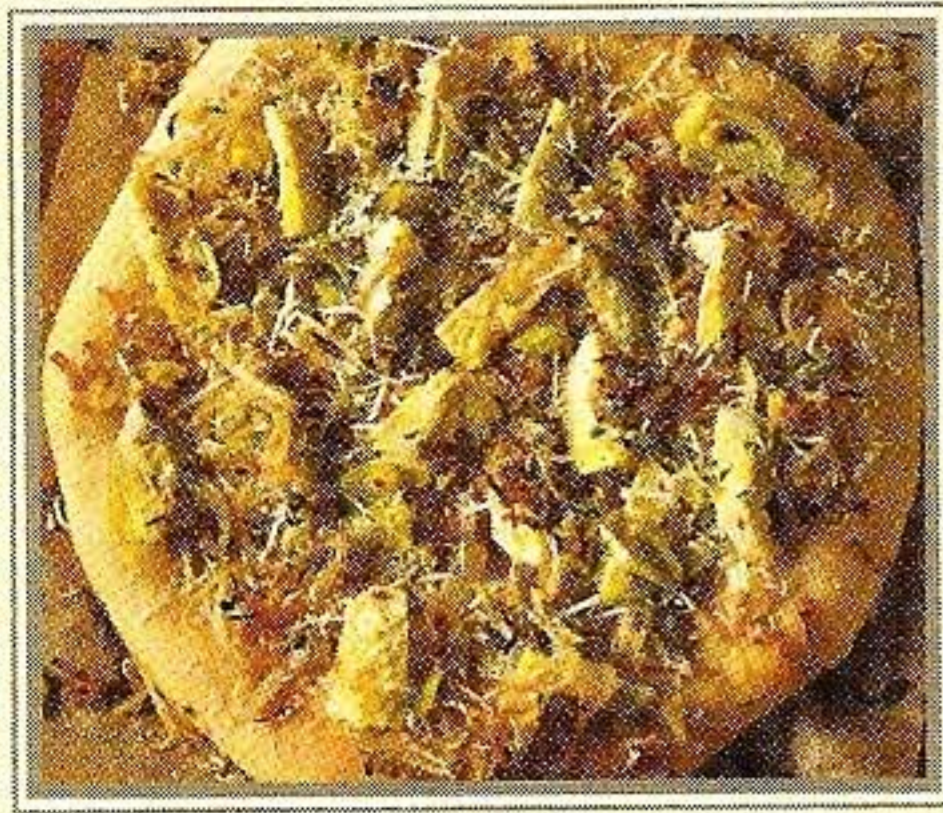


RECIPES

Artichoke and Leek Pizza



8 SERVINGS

Serving size:

one-eighth of pizza

Preparation time: 15 minutes

Cooking time: 22 minutes for the vegetables, 20 minutes for pizza baking (prebaking included)

- 10 oz. refrigerated pizza dough
- 1 Tbsp. olive oil, divided
- 1 large onion, thinly sliced (about 2 cups)

- 1 large leek, white part only, rinsed well and thinly sliced (about 1 cup)
- 1 (13.5-oz.) can small artichoke hearts, halved
- ½ tsp. dried oregano
- Pinch red pepper flakes
- Salt and pepper to taste
- ¼ cup plus 1 Tbsp. grated fresh Parmesan cheese, divided

1. Preheat the oven to 425°F. Unroll the dough onto a round pizza pan that has been coated with cooking spray. Form the dough into a pizza crust, building up the edges. Brush the crust with half the oil and bake for 10 minutes. Remove from the oven.
2. Meanwhile, heat the remaining oil. Add the onions and leeks and sauté on medium-low heat for about 20 minutes until golden brown. Add the artichoke hearts, oregano, red pepper flakes, salt, and pepper. Sauté for 2 minutes.

3. Spread the pizza with half of the Parmesan cheese. Top with the artichoke-leek mixture. Sprinkle with the remaining Parmesan cheese. Bake for about 8 to 10 minutes until crust is browned and cheese is melted.

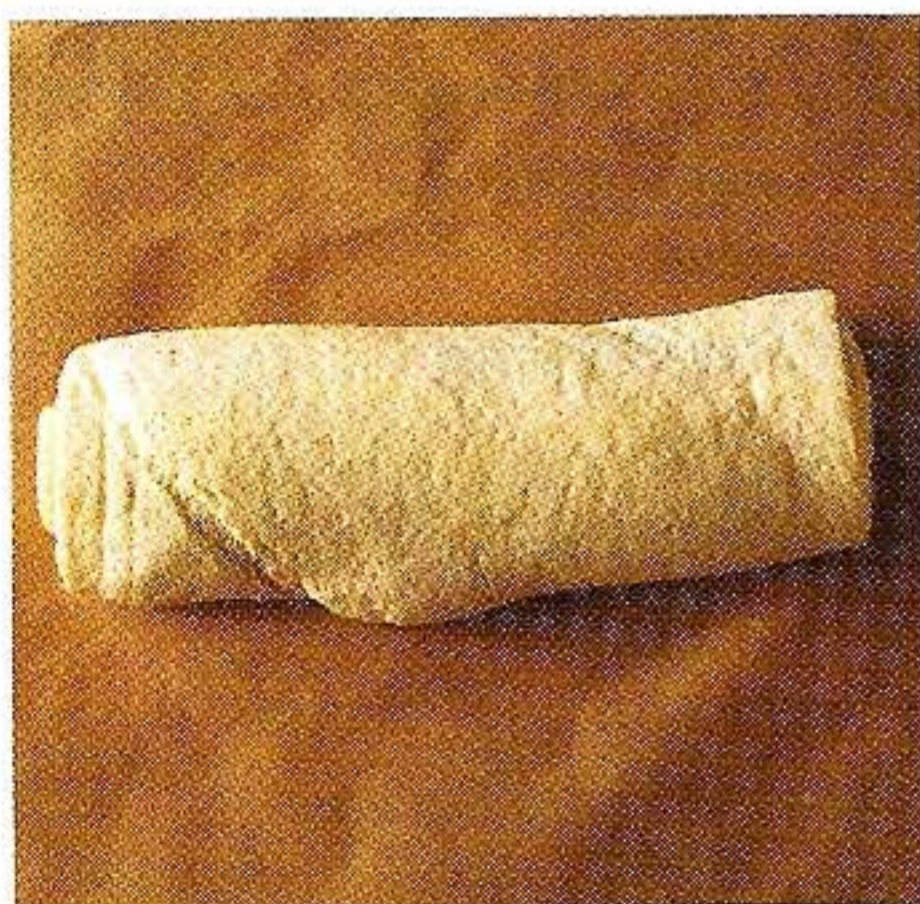
Nutrition Facts

Serving size: one-eighth of pizza
 Starch exchanges: 2
 Vegetable exchanges: 0.5

Amount Per Serving

Calories: 145
 Calories From Fat: 35
 Total Fat: 4 grams
 Saturated Fat: 1.1 grams
 Cholesterol: 5 milligrams
 Sodium: 370 milligrams
 (without added salt)
 Total Carbohydrate: 24 grams
 Dietary Fiber: 1 gram
 Sugars: 4 grams
 Protein: 5 grams

know your dough



To suit as many readers as possible, nutrition values for the pizzas in this story were calculated using the widely available Pillsbury brand **canned refrigerated dough**. But there are two other types of pre-made dough you may want to try to see which you prefer to work with—and to eat, of course.

Most local pizzerias will sell you **raw dough**, and some grocery chains now sell balls of dough with different flavorings, too. We ran a nutritional analysis for the Easy Pizza Margherita (p. 55), substituting Trader Joe's Whole Wheat Pizza Dough for the canned dough and found a significant difference in sodium per serving of our pizza: 210 mg instead of 315 mg.

Another option is a **pre-cooked crust**. We looked at the Alvarado St. Bakery California Style Original Pizza Bread, and found a similar savings in sodium over the canned dough (200 mg instead of 315 mg), but higher carbs (24 rather than 19). And do note: These crusts weigh 16 oz., so you'll have to do some math to figure out the serving size equivalent to our 10-oz. pies.

All Forecast recipes do not necessarily fit into every individualized diabetes food plan. Your own food plan, as well as advice from your physician or registered dietitian, should always supersede a recipe from this or any other publication.