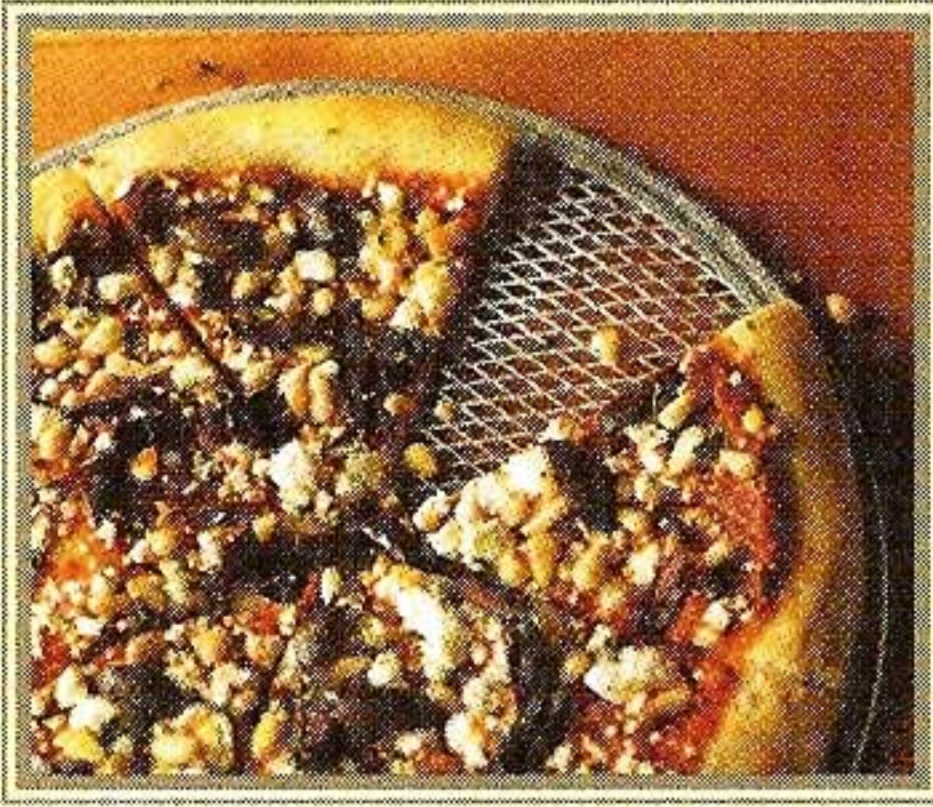


RECIPES

Greek-Style Pizza



8 SERVINGS

Serving size:
one-eighth of pizza
Preparation time: 20 minutes
Cooking time: 19 minutes

- 10 oz. refrigerated pizza dough
- 1 Tbsp. olive oil, divided
- 3 garlic cloves, finely minced
- 2 tsp. minced fresh oregano
- ½ cup bottled low-fat pizza sauce
- ½ cup reduced-fat crumbled feta cheese
- 2 Tbsp. toasted pine nuts
- 2 Tbsp. chopped pitted Kalamata olives (or any other black olives)

1. Preheat the oven to 425°F. Unroll the dough onto a round pizza pan that has been coated with cooking spray. Brush with half the oil. Bake for 10 minutes. Remove from the oven.
2. Meanwhile, heat the remaining oil. Add the garlic and sauté for 1 minute. Add the oregano and sauté for 1 more minute. Spread the garlic-oregano mixture onto the pizza crust.

3. Spread the pizza sauce evenly onto the crust, leaving a ¼-inch border. Sprinkle the feta cheese over the sauce and top with the pine nuts and olives. Bake the pizza for 8 to 10 minutes until the cheese slightly melts and the crust is golden.

Nutrition Facts

Serving size: one-eighth of pizza
Starch exchanges: 1
Fat exchanges: 1

Amount Per Serving

Calories: 145
Calories From Fat: 55
Total Fat: 6 grams
Saturated Fat: 1.4 grams
Cholesterol: 0 milligrams
Sodium: 450 milligrams
Total Carbohydrate: 19 grams
Dietary Fiber: 1 gram
Sugars: 3 grams
Protein: 5 grams

Most tubes of refrigerated pizza dough come in 13.5- or 13.8-oz. sizes. So you'll need to measure 10 oz. and discard the rest (or save it for another use). This applies to all the recipes here.

Easy Pizza Margherita



8 SERVINGS

Serving size:
one-eighth of pizza
Preparation time: 15 minutes
Cooking time: 20 minutes

- 10 oz. refrigerated pizza dough
- 2 tsp. olive oil
- 2 garlic cloves, peeled; 1 left whole, 1 sliced thin
- 6 plum tomatoes, thinly sliced
- ⅔ cup shredded part-skim mozzarella cheese
- ½ cup basil leaves

1. Preheat the oven to 425°F. Unroll the crust dough onto a baking sheet that has been coated with cooking spray. Form the dough into a 13- × 11-inch rectangle. Brush with the olive oil. Bake the crust for 10 minutes. Rub the crust with the whole garlic clove.

2. Arrange the remaining sliced garlic clove on the crust. Top with tomato slices and sprinkle with cheese. Bake for about 8 minutes. Arrange the basil leaves over the pizza and return to the oven for about 2 more minutes until cheese melts and the crust is golden.

Nutrition Facts

Serving size: one-eighth of pizza
Starch exchanges: 1
Fat exchanges: 1

Amount Per Serving

Calories: 130
Calories From Fat: 35
Total Fat: 4 grams
Saturated Fat: 1.4 grams
Cholesterol: 5 milligrams
Sodium: 315 milligrams
Total Carbohydrate: 19 grams
Dietary Fiber: 1 gram
Sugars: 4 grams
Protein: 6 grams

This pizza is for true garlic lovers; others may want to go easier with the garlic.