Mushroom Broccoli Pizza
Cheap, Fast and Healthy, Jan. 23th

Ingredients:
- 3 c. broccoli florets
- 1 c. sliced fresh mushrooms
- ¼ c. chopped onion
- 4 garlic cloves, minced
- 1 tablespoon olive oil
- ½ c. pizza sauce
- 4 plum tomatoes, sliced lengthwise
- ¼ c. chopped fresh basil
- ½ c. shredded mozzarella cheese
- 1/3 c. shredded parmesan cheese
- 1 package prepared pizza dough

Directions:
1. Prepare pizza dough according to package. Let cool.
2. Place broccoli in saucepan with 1 in. of water. Bring to a boil; cover and steam for 5-6 minutes. Rinse with cold water, drain and set aside.
3. In nonstick skillet, sauté mushrooms, onion and garlic in oil until mushrooms are tender.
4. Spread pizza sauce over crust.
5. Top with mushroom mixture, tomatoes, broccoli, basil and cheeses.
6. Bake at 425 degrees until cheese is melted.

Servings: 6

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Nutrition Facts:
1 slice = 283 calories
9 g fat
492 mg sodium
39 carbs
4 g fiber
15 g protein