

## **Fresh Tomato Pizza**

Preparation time: 10 minutes

Cooking time: 15 to 20 minutes

Serves 4; 2 pieces per serving

### **Ingredients**

- Vegetable oil spray
- 10-ounce package refrigerated pizza dough
- 3 or 4 medium Italian plum tomatoes, thinly slices
- ¼ cup snipped fresh basil or parsley
- Freshly ground black pepper
- 1 cup shredded part-skim mozzarella cheese

### **Directions**

Preheat oven to 425 F. Spray a 12-inch pizza pan with vegetable oil spray. Press dough evenly into prepared pan. Arrange tomato slices on top. Sprinkle with basil and season with pepper. Sprinkle with cheese. Bake 15 to 20 minutes or according to package directions. Cut into 8 wedges.

### **Nutrition Analysis (per serving)**

Calories	284
Protein	15 g
Carbohydrates	40 g
Cholesterol	16 mg
Sodium	500 mg
Total fat	7g
Saturated fat	3 g

This recipe is reprinted with permission from the American Heart Association