

# Spinach Pesto Pizza

online care group

## DESCRIPTION:

This pizza is bursting with flavor from the pesto, artichokes, and roasted red peppers. Enjoy as a light dinner or for lunch the next day.

## INGREDIENTS:

### Spinach Pesto

- 2 cups baby spinach leaves (washed and trimmed)
- ½ cup toasted walnuts or pine nuts
- 1 garlic clove
- ¼ cup extra virgin olive oil
- ¼ tsp. pepper
- ¼ cup Parmesan cheese – freshly grated

## INGREDIENTS:

### Pizza

- 1 (16 oz.) pizza dough (preferably whole wheat)
- 1 cup roasted red peppers, chopped
- 1 cup roasted artichoke hearts, chopped
- 1 cup of part-skim shredded mozzarella cheese
- 1 cup spinach pesto (above)

## DIRECTIONS:

### Spinach Pesto

1. Place walnuts and garlic in the food processor or blender and pulse until finely chopped. Next add the spinach, oil, Parmesan cheese, pepper and blend until smooth.
2. Transfer to a glass container and top with a thin coat of olive oil to prevent the top of the pesto from discoloring. Keeps for weeks in the refrigerator.

## DIRECTIONS:

### Pizza

1. Preheat oven to 450 degrees.
2. Roll out the dough on a lightly floured surface and transfer to a pizza stone or baking sheet.
3. Spread the pesto evenly over the dough. Top with chopped peppers and artichoke hearts and shredded cheese.
4. Bake in the oven for 20 to 25 minutes until the cheese is melted and the crust is golden brown.



## NUTRITION INFO

Serving Size	1 slice
Servings per recipe	6
Calories	364
Fat	17g
Saturated Fat	3g
Sodium	491mg
Carbohydrates	28g
Fiber	4g
Sugar	2g
Protein	10g

**FACT:** Whole wheat pizza dough is high in fiber and has a nutty flavor. Pesto is traditionally made with basil and pine nuts, but for a less expensive (and just as tasty) version try spinach and walnuts.