



## Pizza with Pesto and Tomatoes

serves 4

adapted from eatingwell.com

1 pound prepared whole-wheat pizza dough  
½ cup prepared pesto  
4 ripe plum tomatoes, thinly sliced  
Thin slices of red onion  
½ cup crumbled feta cheese or part-skim ricotta  
Freshly ground pepper to taste  
¼ cup lightly packed fresh basil leaves, torn

- Divide dough into 4 pieces. Roll each piece into an 8-inch round crust, about ¼" thick

To grill:

- Lay crusts on grill, cover grill and cook until crusts are lightly puffed and undersides are lightly browned, about 3 minutes. Use tongs to flip crusts.
- Immediately spread pesto over crusts. If using ricotta, put teaspoonfuls on top of the pesto. Top with tomatoes. If using feta, sprinkle over tomatoes. Place onions on top.
- Cover grill and cook until undersides are lightly browned about 3 minutes.

To bake:

- Spread pesto on crust and top with cheese, tomatoes and onions. Bake according to instructions on dough package.
- Sprinkle with basil after cooking.

### Nutritional Information:

Calories: 430  
Total Fat: 18g  
Saturated fat: 7g  
Fiber: 4g  
Protein: 17g  
Sodium: 749mg