

# COUNT YOUR STEPS

## Spunky Vegetable Pizza (makes 8 servings)

- 3/4 cup pizza-sauce
- 1 large Italian pizza shell
- 1 cup chopped broccoli
- 1 cup shredded carrots
- 1/2 cup sliced red or green bell pepper
- 5 ounces shredded mozzarella cheese, lowfat



Preheat the oven to 450°F. Spoon pizza sauce on pizza shell. Put pizza shell on a cookie sheet. Arrange vegetables over sauce. Sprinkle with cheese. Bake for 10 minutes. When baked, cool pizza for 3 minutes before slicing. Cut into 8 wedges.

**Per serving:** Calories 90; Fat 4.5g (Sat fat 2.5g); Cholesterol 10mg; Sodium 210mg; Total Carbohydrate 9g; Dietary Fiber 1g; Sugars 2g; Protein 6g.  
Source: USDA.gov

