



EatingWell Healthier Homemade Pizza

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Grilled Pizza with Pesto, Tomatoes & Feta

Makes: 4 servings

Active time: 30 minutes | **Total:** 30 minutes

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Dazzle your guests, and keep the kitchen cool, by baking pizza on the backyard grill. For convenience, this recipe uses prepared pizza dough, found in most supermarkets, and pesto from a jar.

- 1 pound prepared pizza dough, preferably whole-wheat**
- ½ cup prepared pesto**
- 4 ripe plum tomatoes, thinly sliced**
- ½ cup crumbled feta cheese**
- Freshly ground pepper to taste**
- ¼ cup lightly packed fresh basil leaves, torn**

1. Heat grill to medium-high.
2. Meanwhile, place dough on a lightly floured surface. Divide into 4 pieces. Roll each piece into an 8-inch round crust, about ¼ inch thick. Place crusts on a floured baking sheet. Carry crusts and toppings out to the grill.

3. Lay crusts on grill (they won't stay perfectly round). Cover grill and cook until crusts are lightly puffed and undersides are lightly browned, about 3 minutes.

4. Using tongs, flip crusts. Immediately spread pesto over crusts. Top with tomatoes. Sprinkle with feta and pepper. Cover grill and cook until the undersides are lightly browned, about 3 minutes more. Sprinkle with basil and serve immediately.

Per serving: 430 calories; 16 g fat (4 g sat, 9 g mono); 14 mg cholesterol; 60 g carbohydrate; 13 g protein; 6 g fiber; 774 mg sodium; 262 mg potassium.

Nutrition bonus: Calcium (30% daily value), Vitamins A & C (20% dv).

Carbohydrate Servings: 3 ½

Exchanges: 3 starch, ½ vegetable, ½ fat.





Caramelized Onion & White Bean Flatbread

Makes: 6 servings

Active time: 30 minutes | **Total:** 45 minutes

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Here we top pizza with herbed mashed beans, sliced plum tomatoes, sweet caramelized onions and some shredded Gouda for a tasty flatbread that will have you rethinking pizza toppings.

3 tablespoons extra-virgin olive oil

1 large onion, thinly sliced lengthwise

¼ teaspoon salt

20 ounces prepared whole-wheat pizza dough (see Tips), thawed if frozen

2 tablespoons minced fresh oregano or 2 teaspoons dried

½ teaspoon freshly ground pepper

1 15-ounce can white beans, rinsed (see Tips)

3 tablespoons water

2 teaspoons white-wine vinegar

2 plum tomatoes, thinly sliced

1 cup finely shredded smoked Gouda or Cheddar cheese

2 tablespoons pepitas (see Tips), optional

1. Place oven rack in the lowest position; pre-heat to 450°F. Coat a large noninsulated baking sheet with cooking spray.

2. Combine oil, onion and salt in a medium saucepan. Cover and cook over medium-high heat, stirring often, until the onion is softened, 5 to 7 minutes. Reduce heat to medium-low, uncover and cook, stirring occasionally, until very soft and golden, 5 to 8 minutes more.

3. Meanwhile, roll out dough on a lightly floured surface to the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes.

4. Stir oregano and pepper into the onion. Transfer half the onion to a small bowl. Add beans to the remaining onion; cook over medium heat, stirring often, until heated through, 2 to 3 minutes. Transfer the bean mixture to a food processor, add water and vinegar and pulse until a coarse paste forms.

5. Spread the bean paste over the pizza crust. Top with the reserved onion, tomatoes, cheese and pepitas, if using. Bake on the bottom rack until the crust is crispy and golden and the cheese is melted, 11 to 13 minutes. Slice and serve.

Per serving: 365 calories; 11 g fat (3 g sat, 5 g mono); 10 mg cholesterol; 51 g carbohydrate; 13 g protein; 6 g fiber; 576 mg sodium; 296 mg potassium.

Carbohydrate Servings: 1

Exchanges: 3 starch, ½ vegetable, ½ lean meat, ½ high-fat meat, 1½ fat

Tips:

Look for whole-wheat pizza-dough balls at your supermarket. Check the ingredient list to make sure the dough doesn't contain any hydrogenated oils. Or visit eatingwell.com for an easy pizza-dough recipe.

While we love the convenience of canned beans, they tend to be high in sodium. Give them a good rinse before adding to a recipe to rid them of some of their sodium (up to 35 percent) or opt for low-sodium or no-salt-added varieties.

Hulled pumpkin seeds, also known as pepitas, are dusky green and have a delicate nutty flavor. They can be found in the natural-food or bulk sections of many supermarkets.

Black Bean Nacho Pizza

Makes: 6 servings

Active time: 40 minutes | **Total:** 40 minutes

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Break out the napkins! This pie is an over-the-top, vegetarian concoction with black-bean spread, Jack cheese, tomatoes, scallions, olives and pickled jalapeños; it's part nacho, part pizza. For an even more decadent treat, serve with low-fat sour cream.

Easy Whole-Wheat Pizza Dough

¾ cup plus 2 tablespoons lukewarm water (105-115°F)

1 package active dry yeast (2¼ teaspoons)

1 teaspoon sugar

½ teaspoon salt

1 cup whole-wheat flour

1 cup bread flour or all-purpose flour, plus additional for dusting

2 tablespoons yellow cornmeal

Topping

1 cup canned black beans, rinsed

½ cup chopped jarred roasted red peppers

1 medium clove garlic, quartered

1 tablespoon chili powder

¼ teaspoon salt

Yellow cornmeal, for dusting

1 cup shredded Monterey Jack cheese

2 medium plum tomatoes, diced

4 medium scallions, thinly sliced

¼ cup chopped pitted ripe black olives

2 tablespoons chopped pickled jalapeños

1. To prepare dough: Stir water, yeast, sugar and salt in a large bowl; let stand until the yeast has dissolved, about 5 minutes. Stir in whole-wheat flour, bread flour (or all-purpose flour) and cornmeal until the dough begins to come together.

2. Turn the dough out onto a lightly floured work surface. Knead until smooth and elastic, about 10 minutes. *(Alternatively, mix the dough in a food processor. Process until it forms a ball, then process for 1 minute to knead.)*

3. Place the dough in an oiled bowl and turn to coat. Cover with a clean kitchen towel and set aside in a warm, draft-free place until doubled in size, about 1 hour.

4. When you're ready to make your pizza, turn the dough out onto a lightly floured surface. Dust the top with flour; dimple with your fingertips to shape into a thick, flattened circle—don't worry if it's not perfectly symmetrical. Then use a rolling pin to roll into a circle about 14 inches in diameter.

5. Preheat grill to low.

6. To prepare topping & assemble pizza: Place beans, peppers, garlic, chili powder and salt in a food processor and process until smooth, scraping down the sides as needed.

7. Sprinkle cornmeal onto a pizza peel or large baking sheet. Roll out the dough and transfer it to the prepared peel or baking sheet, making sure the underside of the dough is completely coated with cornmeal.

8. Slide the crust onto the grill rack; close the lid. Cook until lightly browned, 3 to 4 minutes.

9. Using a large spatula, flip the crust. Spread the bean mixture on the crust, leaving a 1-inch border. Quickly layer on cheese, tomatoes, scallions, olives and pickled jalapeños.

10. Close the lid again and grill until the cheese has melted and the bottom of the crust has browned, about 8 minutes.

Per serving: 317 calories; 8 g fat (4 g sat, 2 g mono); 17 mg cholesterol; 46 g carbohydrate; 14 g protein; 6 g fiber; 692 mg sodium; 249 mg potassium.

Nutrition bonus: Folate (30% daily value), Vitamin A (22% dv), Calcium (19% dv), Iron (17% dv).

Carbohydrate Servings: 2½

Exchanges: 2½ starch, 1 vegetable, 1 medium-fat meat





Garden Pizza

Makes: 4 servings

Active time: 40 minutes | **Total:** 40 minutes

Bell pepper, zucchini and a fresh tomato sauce give this vegetarian pizza a taste of summer.

- 4 whole baby or 1 medium zucchini, halved lengthwise**
- 1 pint cherry tomatoes**
- 2 tablespoons tomato paste**
- 8 fresh basil leaves**
- 2 teaspoons minced fresh oregano**
- ¼ teaspoon salt**
- ½ teaspoon freshly ground pepper**
- Yellow cornmeal for dusting**
- 1 pound Easy Whole-Wheat Pizza Dough (page 4) or other prepared dough**
- 4 ounces fresh mozzarella cheese, thinly sliced**
- 1 medium yellow bell pepper, diced**
- 3 tablespoons grated Parmesan cheese**

- 1.** Preheat grill to medium-high.
- 2.** Grill zucchini until marked and softened, about 4 minutes. Thinly slice. Reduce heat to low.
- 3.** Process tomatoes, tomato paste, basil, oregano, salt and pepper in a food processor until smooth, scraping down the sides as needed.
- 4.** Sprinkle cornmeal onto a pizza peel or large baking sheet. Roll out the dough (*see Tip*) and transfer it to the prepared peel or baking sheet, making sure the underside of the dough is completely coated with cornmeal.
- 5.** Slide the crust onto the grill rack; close the lid. Cook until lightly browned, 3 to 4 minutes.
- 6.** Using a large spatula, flip the crust. Spread the tomato mixture on the crust, leaving a 1-inch border. Quickly top with mozzarella, bell pepper and the zucchini. Sprinkle on Parmesan.
- 7.** Close the lid again and grill until the cheese has melted and the bottom of the crust has browned, about 8 minutes.

Per serving: 375 calories; 9 g fat (5 g sat, 1 g mono); 26 mg cholesterol; 58 g carbohydrate; 17 g protein; 8 g fiber; 531 mg sodium; 566 mg potassium.

Nutrition bonus: Vitamin C (80% daily value), Folate (46% dv), Calcium (32% dv), Iron & Vitamin A (20% dv).

Carbohydrate Servings: 3

Exchanges: 3 starch, 1½ vegetable, 1 high-fat meat

To roll out pizza dough: When you're ready to get your pizzas on the grill, turn the dough out onto a lightly floured surface. Dust the top with flour; dimple with your fingertips to shape into a thick, flattened circle—don't worry if it's not perfectly symmetrical. Then use a rolling pin to roll into a circle about 14 inches in diameter.

Green Pizza

Makes: 6 servings

Active time: 20 minutes | **Total:** 30 minutes

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Why not use cooler-weather vegetables like broccoli and arugula as an unconventional pizza topping? The arugula adds a slightly bitter, peppery taste—for a milder flavor, use spinach instead. Serve with wedges of fresh tomato tossed with vinegar, olive oil, basil and freshly ground pepper.

- 1 pound prepared pizza dough, preferably whole-wheat
- 2 cups chopped broccoli florets
- ¼ cup water
- 5 ounces arugula, any tough stems removed, chopped (about 6 cups)
- Pinch of salt
- Freshly ground pepper to taste
- ½ cup prepared pesto
- 1 cup shredded part-skim mozzarella cheese

1. Position oven rack in the lowest position; preheat to 450°F. Coat a large baking sheet with cooking spray.

2. Roll out dough on a lightly floured surface to about the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes.

3. Meanwhile, cook broccoli and water in a large skillet over medium heat, covered, until the broccoli is crisp-tender, about 3 minutes. Stir in arugula and cook, stirring, until wilted, 1 to 2 minutes more. Season with salt and pepper.

4. Spread pesto evenly over the crust, top with the broccoli mixture and sprinkle with cheese. Bake until crispy and golden and the cheese is melted, 8 to 10 minutes.

Per serving: 323 calories; 13 g fat (4 g sat, 7 g mono); 19 mg cholesterol; 33 g carbohydrate; 1 g added sugars; 15 g protein; 3 g fiber; 511 mg sodium; 241 mg potassium.

Nutrition bonus: Vitamin C (45% daily value), Calcium (34% dv), Vitamin A (31% dv).

Carbohydrate Servings: 2

Exchanges: 2 starch, 1 vegetable, 1 medium-fat meat, 1½ fat





Sausage, Pepper & Mushroom Pizza

Makes: 6 servings

Active time: 30 minutes | **Total:** 40 minutes

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This sausage, pepper and mushroom pizza is just a little more work than calling for delivery (but not by much), but there's no tipping required when you make it yourself. Plus you get it fresh from your oven, and with whole-wheat dough and a generous amount of vegetables on top it's far better for you.

- 1 pound prepared pizza dough, preferably whole-wheat (see Tip)**
- 6 ounces Italian turkey sausage, about 2 large links, casings removed**
- 1 green bell pepper, sliced**
- 2 cups sliced mushrooms**
- ¼ cup water**
- 1 cup prepared marinara or pizza sauce**
- 1 cup shredded part-skim mozzarella cheese, preferably "fancy"**

1. Position oven rack in the lowest position; preheat to 450°F. Coat a large baking sheet with cooking spray.

2. Roll out or stretch dough on a lightly floured surface to about the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes.

3. Meanwhile, crumble sausage into a medium nonstick skillet. Cook over medium heat, breaking up with a spatula or spoon, until cooked through, 3 to 5 minutes. Place bell pepper, mushrooms and water in a large microwave-safe bowl. Cover and microwave on High until just tender, 3 to 4 minutes. Drain.

4. Spread sauce evenly over the crust. Top with the sausage, pepper and mushrooms and sprinkle with cheese. Bake until the crust is crispy and golden and the cheese is melted, 8 to 10 minutes.

Per serving: 289 calories; 6 g fat (3 g sat, 1 g mono); 28 mg cholesterol; 37 g carbohydrate; 1 g added sugars; 16 g protein; 3 g fiber; 705 mg sodium; 260 mg potassium.

Nutrition bonus: Vitamin C (28% daily value), Calcium (16% dv).

Carbohydrate Servings: 2

Exchanges: 2 starch, 1 vegetable, 1½ high-fat meat

Tip: Look for balls of whole-wheat pizza dough, fresh or frozen, at your supermarket. Choose a brand without hydrogenated oils.

Spinach & Sun-Dried Tomato Stuffed Pizza

Makes: 6 servings

Active time: 20 minutes | **Total:** 40 minutes

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This stuffed pizza is filled with crumbled tofu, spinach, sun-dried tomatoes, cheese and fresh basil. It's easy to make stuffed pizza at home. Just roll the crust thin, spread filling over half and fold closed. To use fresh spinach, cook 10 ounces until just wilted; finely chop and squeeze dry. Serve with marinara sauce for dipping and mixed green salad.

Cooking spray, preferably canola or olive oil

- 1 14-ounce package firm water-packed tofu, drained**
- 1 10-ounce package frozen chopped spinach, thawed and squeezed dry**
- ½ cup chopped soft or reconstituted sun-dried tomatoes (see Tip)**
- ½ cup finely shredded Parmesan cheese**
- ½ cup shredded part-skim mozzarella cheese**
- ¼ cup chopped fresh basil**
- ½ teaspoon onion powder**
- ¼ teaspoon salt**
- ¼ teaspoon freshly ground pepper**
- 1 pound prepared pizza dough, preferably whole-wheat**

1. Position rack in lower third of oven; preheat to 475°F. Coat a large baking sheet with cooking spray.

2. Finely crumble tofu; pat dry. Place in a large bowl and use your hands to combine with spinach, tomatoes, Parmesan, mozzarella, basil, onion powder, salt and pepper.

3. Roll out dough on a lightly floured surface to about the length of the prepared baking sheet and twice as wide (approximately 16 by 18 inches). Transfer the dough to the baking sheet, allowing the extra width to hang over on one side onto a clean surface. Spread the filling on the dough in the pan, leaving a 1-inch border. Fold the overhanging dough over the filling. Fold the edges closed and crimp with a fork to seal. Make several small slits in the top to vent steam; lightly coat the top with cooking spray.

4. Bake the stuffed pizza until well browned on top, 18 to 20 minutes. Let cool slightly before cutting.

Per serving: 291 calories; 7 g fat (3 g sat, 2 g mono); 10 mg cholesterol; 36 g carbohydrate; 1 g added sugars; 18 g protein; 4 g fiber; 607 mg sodium; 419 mg potassium.

Nutrition bonus: Vitamin A (119% daily value), Calcium (37% dv), Magnesium (20% dv), Folate (19% dv).

Carbohydrate Servings: 2½

Exchanges: 2 starch, 1 vegetable, 1½ medium-fat meat

Tip: For this recipe, look for soft sun-dried tomatoes (not packed in oil). If you can only find tomatoes that are very dry (and hard), soak in boiling water for about 20 minutes, drain, chop and then add to the pizza filling.





Pepperoni & Pepper Pizza

Makes: 5 servings

Active time: 35 minutes | **Total:** 2 hours

To make ahead: Prepare through Step 2, cover the bowl with plastic wrap and refrigerate for up to 1 day. Or tightly wrap the unrisen dough in oiled plastic wrap and freeze for up to 3 months. Defrost the dough in the refrigerator overnight. Let refrigerated (or previously frozen) dough stand at room temperature for 1 hour before using.

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Using mini pepperoni slices (or chopping regular-sized slices) allows you to use less pepperoni, but still get plenty of flavor on this pepperoni and pepper pizza. Use green or yellow pepper instead of red, or swap out the pepper for your favorite veggie instead. No time to make homemade dough? Look for whole-wheat pizza-dough balls at your supermarket. Check the ingredient list to make sure the dough doesn't contain any hydrogenated oils.

Thin-Crust Whole-Wheat Pizza Dough

$\frac{3}{4}$ cup plus 1 tablespoon lukewarm water (105-115°F)

1 package active dry yeast (2¼ teaspoons)

1 teaspoon sugar

1 cup whole-wheat pastry flour (see *Tip*)

1 cup bread flour or all-purpose flour

$\frac{1}{2}$ teaspoon salt

1 tablespoon extra-virgin olive oil

2 tablespoons fine cornmeal
All-purpose flour for dusting

Toppings

$\frac{1}{2}$ cup prepared pizza or marinara sauce

$\frac{1}{3}$ cup mini pepperoni slices or chopped pepperoni

1 red bell pepper, chopped

1 cup shredded part-skim mozzarella cheese

1. To prepare dough: Stir water, yeast and sugar in a large bowl; let stand until the yeast has dissolved, about 5 minutes. Stir in whole-wheat flour, bread flour (or all-purpose flour) and salt until the dough begins to come together.

2. Turn the dough out onto a lightly floured work surface. Knead until smooth and elastic, about 10 minutes. (*Alternatively, mix the dough in a food processor or in a stand mixer with a dough hook. Process or mix until it forms a ball. Continue to process until the dough is smooth and elastic, about 1 minute more in a food processor or 4 to 5 minutes more on low speed in a stand mixer.*) Place the dough in an oiled bowl and turn to coat.

3. Cover with a clean kitchen towel; set aside in a warm, draft-free place until doubled in size, about 1 hour.

4. Position rack in lower third of oven; pre-heat to 450°F. Brush oil over a large baking sheet. Sprinkle the baking sheet with cornmeal to coat evenly.

5. To prepare toppings & assemble pizza: Sprinkle flour over work surface. Roll out the dough to the size of the baking sheet and transfer to the baking sheet. Cover the dough with sauce. Scatter with pepperoni and pepper and sprinkle with cheese. Bake until the crust is crispy and the cheese is melted and starting to brown, 15 to 20 minutes.

Per serving: 364 calories; 12 g fat (4 g sat, 5 g mono); 21 mg cholesterol; 47 g carbohydrate; 1 g added sugars; 15 g protein; 5 g fiber; 525 mg sodium; 237 mg potassium.

Nutrition bonus: Vitamin C (55% daily value), Folate (36% dv), Vitamin A (21% dv), Calcium (19% dv).

Tip: Whole-wheat pastry flour is milled from soft wheat. It contains less gluten than regular whole-wheat flour and helps ensure a tender result in delicate baked goods while providing the nutritional benefits of whole grains. Find it at large supermarkets and natural-foods stores. Store in an airtight container in the freezer.

About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.


- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.


EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, www.EatingWell.com, EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.


We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!


About EatingWell health tags

A recipe checked...

 **Heart Health** has limited saturated fat.

 **Diabetes** is low in calories and meets limits for Carbohydrate Servings.

 **Weight Loss** has reduced calories (and limited saturated fat).

 **Gluten Free** does not contain wheat, rye, barley or oats.
(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)