



Nuts for Pine Nuts Pizza

4 servings
2 slices per serving

INGREDIENTS

- 1 cauliflower pizza crust
- ½ cup hummus
- ¼ cup pine nuts (toasted)
- 1 cup mushrooms (sliced, sauteed before adding as a topping)
- 1 cup red bell pepper (sliced lengthwise, sauteed before added as a topping)

DIRECTIONS

1. Preheat the oven to 425°F.
2. Remove the crust from all packaging. Place the crust on a clean surface.
3. Spread the hummus evenly over the crust.
4. Top with the pine nuts, mushrooms and bell pepper.
5. Bake for 13 to 16 minutes.

NUTRITION ANALYSIS (PER SERVING)

Calories	239
Total Fat	11.5 g
Saturated Fat.....	1.5 g
Trans Fat.....	0.0 g
Polyunsaturated Fat	4.0 g
Monounsaturated Fat	5.0 g
Cholesterol.....	12 mg
Sodium	252 mg
Carbohydrates.....	29 g
Fiber	4 g
Sugars	3 g
Added Sugars	0 g
Protein	6 g

Dietary Exchanges: 2 vegetable, ½ starch, 2 fat

This recipe from CAULIPOWER is an American Heart Association Heart-Check certified recipe.

