

Healthy Harvest® Pasta Sauce Deep Dish Pizza

Preparation Time: 15 minutes
Cooking time: 25 minutes
Servings: 8



Create the perfect pizza by using any of your family's favourite toppings.

Ingredients

1 jar (570 mL) **Healthy Harvest® Pasta Sauce Olive and Basil**, divided

1 tbsp (15 mL) olive oil

8 oz (250 g) mushrooms, quartered

1/2 red onion, chopped

1/2 tsp (2 mL) each salt and pepper

1 green pepper, thinly sliced

1 lb (500 g) prepared raw pizza dough

1 cup (250 mL) shredded pizza blend cheese

1/4 cup (60 mL) sliced pepperoni

Instructions

1. Preheat the oven to 425°F (220°C). Heat the oil in a large, nonstick skillet set over medium-high heat. Add the mushrooms, onion, salt and pepper. Cook for 7 minutes or until browned. Add the green pepper; cook for 5 minutes or until tender. Remove from heat and stir in 1 cup (250 mL) pasta sauce.
 2. Stretch the pizza dough to line the bottom of a 9-inch (23 cm) spring-form cake pan and overhang the sides slightly. Fill with the vegetable mixture, top with shredded cheese and pepperoni. Crimp the dough around the inside of the pan to create a crust. Bake for 25 minutes or until bubbling around the edges and the crust is golden. Let stand for 5 minutes before serving with remaining sauce for dipping.
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Tip: Mix up the toppings and try ham with chopped pineapple and red pepper or cooked chicken with spinach and artichoke hearts.

Nutritional Information per serving:

180 calories, 8 g fat, 2.7 g saturated fat, 11 mg cholesterol, 777 mg sodium, 21 g carbohydrates, 3 g fibre, 6.5 g sugar, 6.5 g protein.



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