



Grilled Veggie Pizza

Prep: 20 minutes

Roast/Grill: 47 minutes • Serves: 4

- 6 medium Roma tomatoes
- 6 mini red and/or yellow sweet peppers, cut into 1-inch wide strips
- 1½ tablespoons olive oil
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 6 asparagus spears
- Yellow cornmeal for sprinkling
- All-purpose flour for dusting
- 1 (8- to 10-ounce) frozen pizza dough ball, thawed
- 1 garlic clove, minced
- 8 ounces fresh mozzarella cheese, sliced
- Cherry tomatoes, cut in half (optional)

1. Preheat oven to 375°. In large bowl, toss tomatoes and peppers with 1 tablespoon oil, salt and pepper; transfer to rimmed baking pan. Roast 35 to 40 minutes or until the tomato and pepper skins are browned.

2. Meanwhile, heat small saucepot of salted water to boiling over high heat. Add asparagus; return water to boiling and cook 1 to 2 minutes or until tender-crisp. Transfer asparagus to bowl filled with ice water; cut asparagus into 2-inch pieces.

3. Prepare outdoor grill for indirect grilling over medium heat (about 400°). Sprinkle bottom of rimmed baking pan with cornmeal. Lightly flour work surface; place dough on prepared surface. With rolling pin, roll dough to 12-inch round; carefully transfer onto pan over cornmeal. With fork, poke dough several times to vent; slide dough onto center of hot grill rack. Cover and cook 8 to 10 minutes or until bottom of crust is browned, rotating once halfway through cooking; transfer crust back to baking pan.

4. In small bowl, stir garlic and remaining ½ tablespoon oil. Leaving 1-inch border, with back of spoon, spread garlic mixture over crust; squeeze tomatoes over pizza. Top with squeezed tomatoes, peppers and asparagus. Slide pizza onto hot grill rack. Cover and cook 3 minutes; top with cheese and cook 1 to 2 minutes longer or just until edges of pizza are golden brown and cheese melts, moving pizza crust if necessary to prevent crust from burning. Top with cherry tomatoes, if desired. Transfer to cutting board; cut into 8 slices to serve.

*Approximate nutritional values per serving:
385 Calories, 16g Fat (7g Saturated),
39mg Cholesterol, 610mg Sodium,
40g Carbohydrates, 5g Fiber, 18g Protein*

Dietitian's Dish

- > How do you protect your heart and reduce the risk of cancer with pizza? Swap traditional pizza dough for a cauliflower crust to add vitamins, minerals and antioxidants.