

COMMUNITY



LiveBetter with MedWatch

Yellow Pepper Pizza

Ingredients

- 1 Italian bread shell (12-inch diameter, 10 ounces)
- 1 ½ cups (6 ounces) mozzarella cheese
- 1 yellow bell pepper (7-ounce), stemmed, seeded and thinly sliced
- 2 to 4 pickled hot yellow peppers, stemmed, seeded and thinly sliced
- 2 Tbsp. grated Parmesan cheese
- ½ cup fresh cilantro leaves

Preparation

1. Lay bread shell on a baking sheet.
2. Spread crust with half the mozzarella.
3. Cover with bell pepper and hot chiles.
4. Evenly sprinkle with remaining mozzarella and Parmesan.
5. Bake pizza in the lower half of a 450° oven until sizzling hot (15 to 20 minutes).
6. Sprinkle with fresh cilantro.



Nutrition Analysis

Per serving: 431 calories, 11.6 g fat (5.8 g saturated fat), 24 g protein, 58 g carbohydrate, 27 mg cholesterol, 1,049 mg sodium, 2.8 g dietary fiber



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