

Homemade Pizza for Tony

13.8 ounce refrigerated pizza dough
4 ounces Italian Five Cheese or part skim Mozzarella
2 tomatoes, sliced
4 large mushrooms, sliced
1/2 green pepper, chopped

Preheat oven to 425 degrees. Place tin foil on a thin rectangle cookie or baking sheet and use a vegetable spray to prevent the dough from sticking to the foil. Spread dough into cookie or baking sheet. Sprinkle half of the cheese onto the dough. Add vegetable toppings and cover with the rest of the cheese.

Bake 13-17 minutes until cheese is melted.

Serve with a romaine lettuce salad.

Serves 6 (1 slice)

Per serving:

212 calories

10 grams fat

13 milligrams cholesterol

30 grams carbohydrate

9 grams protein

618 milligrams sodium

42 milligrams calcium