

Pepperoni Pizza with Peppers - recipe from TheOtherWhiteMeat.com

Times: 10 minutes prep, 20 minutes cook

Ingredients:

1 10-oz package refrigerated pizza crust

cornmeal

1 teaspoon oil

1 medium onion, thinly sliced

1 green bell pepper, seeded and thinly sliced (or 1/2 each red and green bell peppers)

1/2 cup pizza sauce

2 ounces pepperoni, thinly sliced

1 cup cheese, shredded (4 oz.), (blend of mozzarella, provolone, Parmesan and Romano)

Cooking Directions:

Heat oven to 450 degrees F. Grease a pizza pan, sprinkle lightly with cornmeal and press crust into pan. Bake 6-8 minutes until lightly browned. Meanwhile, heat oil in large nonstick skillet and sauté onion and pepper until soft. Spread sauce over pizza crust; top with vegetables, pepperoni and cheese, spreading evenly. Bake for 10-12 minutes more or until edge of crust is golden brown and cheese is lightly browned.

Serves 4.



Nutrition:

Calories: 410 calories

Protein: 22 grams

Fat: 19 grams

Sodium: 830 milligrams

Cholesterol: 25 milligrams

Saturated Fat: 9 grams

Carbohydrates: 38 grams

Fiber: 2 grams

