



LAVOSH PIZZA

INGREDIENTS:

1	Lavosh cracker
4 ozs.	Healthy red sauce
2 Tbsp	Chopped garlic
2 cups	Quartered artichokes
2 cups	Diced bell pepper
4 cups	Chopped fresh spinach
1 cup	Thin sliced red onion
1 cup	Mozzarella cheese
½ cup	Parmesan cheese
2 Tbsp	Fresh chopped – basil, oregano

Other topping options – chicken, pineapple, mushrooms, squashes, Jalapeños, Canadian bacon, etc.

PREPERATION:

- Place lavosh on sheet pan.
- Top with sauce; spread.
- Sprinkle with garlic.
- Layer with vegetables.
- Top with cheeses.
- Top with herbs.
- Bake 10-15 minutes at 400° or until browned and bubbly.
- Cut into 6 even pieces.
- Serve 2 slices per person.

Number of servings:	4 servings
Serving Size:	2 slices
Calories:	270
Fat Grams:	6

