
$1 / 2$ cup chopped green pepper
$1 / 2$ cup sliced fresh mushrooms
$1 / 4$ cup chopped or sliced onions
15 slices of turkey pepperoni
(other toppings may be used but would
change the nutritional facts)
1 cup shredded part-skim mozzarella cheese

Nutrition Facts: Each slice provides
90 Calories, 35 Calories from Fat, 4 g total Fat, 2 g Saturated Fat, 0 g Trans Fats, 15 mg Cholesterol, 250 mg Sodium,
7 g Carbohydrate, 1 g Dietary Fiber,
1g Sugar, 6 g Protein, $15 \%$ Calcium, 4 \% Iron

## Directions:

1. Preheat oven to 450 degrees.
2. Spread sauce evenly over unbaked pizza crust.
3. Layer, green pepper, mushrooms onions, and turkey pepperoni evenly over sauce.
4. Cover with shredded cheese.
5. Bake 8 to 10 minutes or until cheese is melted and crust lightly browned.
6. Refrigerate leftovers
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[^0]:    Newsletter developed by Susie Bilderback, Extension Program Assistant, NEA; Tandalayo Kidd, Ph.D., R.D., L.P.N., Associate Professor/Extension Specialist in Human Nutrition • Wally illustrations by Bob Davis, Engineering Communications • Resources: Adapted from bttp://www.choosemyplate.gov/• Spend Smart Eat Smart http://www.extension.iastate.edu/foodsavings/
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