Grilled Vegetable Pizza

Friday pizza nights never tasted better with this homemade barbeque grilled veggie pizza. Using vegetables as pizza toppings is an easy way to clear out your fridge so all those valuable vitamins and minerals don't go to waste! Don't be afraid to add any additional vegetables you desire!

Prep: 5 minutes • Total: 15 minutes

Ingredients:

Plum tomatoes, halved	¼ cup	60 mL
Green onions, diced	2	2
Sliced mushrooms	½ cup	125 mL
Zucchini	1 small	1 small
Goat cheese	½ cup	125 mL
Dried Basil	pinch	pinch
Naan bread or Greek style flat pitas	1 large or	2 small

Directions:

1. Lightly oil grill and heat barbecue to medium-high. Thickly slice tomatoes. Cut zucchini diagonally into long ovals. Place in a large bowl along with whole onions. Drizzle with just enough oil to coat. Sprinkle with seasonings. Stir to coat. Brush bread with oil.
2. Place vegetables on grill and barbecue until tender and lightly charred, 2 to 5 min per side, removing them as they are done.
3. Then place bread on grill and barbecue, with lid closed, just until grill marks form, about 1 to 2 min per side. Crumble goat cheese over hot bread, then arrange tomatoes and zucchini on top. Slice onions and scatter overtop.

Nutrition Facts

Serving Size (327g)
Servings Per Container

Amount Per Serving

Calories 220	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 300mg	**13%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 5g	**20%**
Sugars 8g	
Protein 11g	

Vitamin A 40% • Vitamin C 60%
Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: *iVillage*

Makes 2 servings

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