

UTSA 
Campus Recreation
Colorful Veggie Pizza

1 Serving

Cost: \$7.80

Nutrition Facts	
Serving Size About 3 quiche (197g)	
Servings Per Container 4	
Amount Per Serving	
Calories 180	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 740mg	31%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 20g	
Vitamin A 6%	• Vitamin C 6%
Calcium 20%	• Iron 15%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories 2,000 2,500</small>
Total Fat	<small>Less than 65g 80g</small>
Saturated Fat	<small>Less than 20g 25g</small>
Cholesterol	<small>Less than 300mg 300mg</small>
Sodium	<small>Less than 2,400mg 2,400mg</small>
Total Carbohydrate	<small>300g 375g</small>
Dietary Fiber	<small>25g 30g</small>
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

Ingredients

1 package (2-piece) Whole Grain naan
 1/2 cup store bought pizza sauce
 1/2 cup shredded part-skim Mozzarella cheese
 1/3 cup Broccoli Florets
 1/3 cup green peppers
 1/3 cup yellow peppers
 1/3 cup orange peppers
 1/3 cup grape tomatoes
 1/3 cup red onion
 1/3 cup sliced purple potatoes
 2 tsp. olive oil
 1 tsp Italian seasoning
 Parmesan Cheese (garnish)
 Red pepper flakes (garnish)

**Optional grilled or rotisserie chicken breast*

Directions

- Preheat oven to 425 degrees F.
- Lay out both pieces of naan in a single layer on a large baking sheet. Divide pizza sauce between the two pieces of naan, and use a spoon to spread it over the top of the naan.
- Sprinkle the cheese on top of the pizza sauce.
- Then layer the veggies in a rainbow pattern on top of the cheese.
- Drizzle or mist each pizza with a bit of olive oil.
- Then sprinkle each pizza with the Italian seasonings.
- Bake for about 20 minutes, or until the veggies are cooked and the crust is slightly golden.
- Remove pizzas from oven, and sprinkle with optional toppings if desired.
- Slice and serve warm.