

Nutritional Highlight

Spinach is featured on this veggie pizza because it is not only delicious but it has extremely high nutritional value. It is rich in **antioxidants** which are thought to help prevent certain types of cancer. It is also a very good source of **folic acid** which is an essential vitamin that is especially important for women of child-bearing age (especially women who may be or are trying to get pregnant). Folic acid is important for the prevention of neural tube defects in babies.

STRAIGHT FROM THE FIELDS TO YOU!

All of the vegetables in this recipe are available at Lobo Gardens. For more information visit:

<http://unmlobogardens.wordpress.com/>



**This handout was prepared by
UNM students in NUTR 322:
Management in Dietetics II.**

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Veggie Pizza



Nutritional Facts



Prepared Ingredients

Serving Size: 1 piece
(8 servings per pizza)

Amount per serving

Calories: 291

Fat: 8 g

Protein: 13 g

Carbohydrate: 42 g

Vitamin A: 94 RAE

Vitamin C: 11 mg

Calcium: 876 mg

Iron: 2 mg

Recipe

Makes 1 large pizza

Ingredients

- 1 large premade whole wheat pizza crust
- 1 cup of Marinara pizza sauce
- 1 cup of shredded mozzarella cheese
- ½ cup of chopped eggplant
- 1 cup of baby spinach
- 1/2 cup of asparagus chopped
- 1 small zucchini sliced in circles
- 1 medium size tomato sliced
- 1/2 tsp oregano or basil (fresh or dried)

Cooking Instructions & Tips

- Preheat oven to 450 degrees.
- Spread 1 cup marinara sauce on the pizza crust and sprinkle with 1 cup of cheese.
- Next, layer on the veggie toppings in any order that you so desire. We recommend that you place the spinach on first so that the other veggies will hold it in place and flatten it out.
- Finally, sprinkle the oregano or basil over the top.
- Bake at 450 degrees for 8-10 minutes, or until cheese is melted and bubbly and vegetables are soft.

Note: You can add any toppings you desire, such as meat or other veggies.