

ZUCCHINI PIZZA BITES

SERVES 2

INGREDIENTS



1 ZUCCHINI, 2 TABLESPOONS OLIVE OIL + 1/2 TEASPOON OREGANO + 1/3 CUP PIZZA OR TOMATO SAUCE + 1/4 CUP GRATED MOZZARELLA CHEESE + BELL PEPPER + RED ONION + SPINACH

INSTRUCTIONS

1. Preheat skillet to medium heat. Toss zucchini rounds with olive oil in a large bowl and place in skillet in a single layer. Season with oregano and cook for 1-2 minutes.
2. After softened, layer each piece with sauce, mozzarella cheese, and vegetable toppings. Cover with lid.
3. Heat for another 3-5 minutes, or until cheese has melted and vegetables are soft.
4. Enjoy!

Nutrition Facts

Servings: 2

Amount per serving

Calories

158

% Daily Value*

Total Fat 15.1g

19%

Saturated Fat 2.6g

13%

Cholesterol 3mg

1%

Sodium 199mg

9%

Total Carbohydrate 5.3g

2%

Dietary Fiber 1.7g

6%

Total Sugars 3g

Protein 3g

Vitamin D 0mcg

0%

Calcium 28mg

2%

Iron 1mg

5%

Potassium 365mg

8%



This material was funded by USDA's Supplemental Nutrition Assistance program (SNAP). This institution is an equal opportunity provider.