



## Grilled Pizza

### Ingredients:

- 1 lb. Prepared whole wheat pizza crust
- 2 oz. Pizza sauce, preferably low sodium
- ½ c. Feta Cheese, or other crumbled cheese
- 6 oz. Turkey ham
- 4 Plum tomatoes, thinly sliced
- ½ c. Pineapple, diced, water packed, drained - or freshly chopped
- Dash of pizza seasoning

### Instructions:

- 1). Heat grill to medium high.
- 2). Meanwhile, place dough on a lightly floured surface. Divide dough into 4 pieces. Roll each piece into an 8 inch round crust, about ¼ inch thick. Place crusts on a floured baking sheet. Carry crusts and toppings out to the grill.
- 3). Lay crusts on grill (they won't stay perfectly round). Cover grill and cook until crusts are lightly puffed and undersides are lightly browned, about 3 minutes.
- 4). Using tongs, flip crusts, remove from grill. Immediately spread crusts with pizza sauce. Top with turkey ham, sliced tomatoes, pineapple, cheese, and seasoning.
- 5). Replace pizzas on grill. Cover grill and cook until undersides are lightly browned, and cheese is melted about 5-8 minutes. Serve immediately.

**YIELD: 4 individual pizzas**

- Serve directly off grill - with a fresh fruit plate or tossed green salad, made with farmer's market produce.
- Substitute other lean protein (grilled chicken or shrimp, for example) for the turkey ham.

### Getting kids cooking:

- Kids can help to form the pizza crust by hand or with a rolling pin.
- If they are old enough to use a knife safely, they can chop the pineapple and slice the tomatoes.
- Once the crusts have been grilled on one side, kids can place on the toppings on the cooked side.

### Nutrition Analysis

Serving: 1/4 recipe	Total Carb: 57.3 g
Calories: 483	Dietary Fiber: 4.8 g
Total Fat: 8.44 g	Iron: 3.8 mg
Calories from Fat: 15.4%	Protein: 9.2 g
Saturated Fat: 3.78 g	Calcium: 134.4 mg

### Source:

Adapted from Eating Well

[www.eatingwell.com](http://www.eatingwell.com)