

Quick Veggie Pizza



Makes:

8 servings

Utensil:

Saladmaster Food Processor
Mega Skillet Limited Edition
medium mixing bowl

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Recipe:

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- 1 Pillsbury classic pizza crust
- 2 - 3 tablespoons
traditional spaghetti sauce
(30 - 45
mL)
- 2 large mushrooms, waffled, use Cone #5
- 1 head of broccoli, chopped
- 2 green onions, sliced
- 1 2.25-ounce (64g) can sliced black olives
- 1 red bell pepper, chopped or sliced
- 1 8-ounce (227g) block cheddar or mozzarella cheese,
strung, use Cone #2

Directions:

1. Lightly spray skillet with cooking spray. Press dough into skillet evenly and spread sauce over dough.
2. Spread mushrooms, broccoli, onions and red pepper evenly over sauce. Top with cheese.
3. Cook for approximately 20 minutes on medium-low heat.

Nutritional Information per

▼ Serving

Calories: 283
Total Fat: 12g
Saturated Fat: 7g
Cholesterol: 30mg
Sodium: 650mg
Total 32g
Carbs:
Dietary Fiber: 4g
Sugar: 6g
Protein: 14g
Analysis calculated using 3 tablespoons spaghetti sauce and cheddar cheese