



Pesto Peach Pizza

4 Servings

INGREDIENTS

- 1 cauliflower pizza crust
- 3 tablespoons pesto sauce
- 1 peach, sliced
- 1 fennel bulb, shaved
- ½ cup red onion, sliced
- ¼ cup fat-free parmesan cheese, shredded
- ½ medium fresh avocado, sliced
- 1 cup fresh arugula
- 2 tablespoons sliced almonds
- 2 tablespoons balsamic vinegar glaze

DIRECTIONS

1. Preheat oven to 425°F.
2. Remove the crust from all packaging. Place the crust on a clean work surface.
3. Spread the pesto sauce evenly over the crust.
4. Top with peach, fennel, red onion, parmesan and bake for 13-16 minutes.
5. Remove from oven add the sliced avocado, arugula and sliced almonds and drizzle balsamic glaze over the pizza.

NUTRITION ANALYSIS (PER SERVING)

Calories	300
Total Fat	14 g
Saturated Fat.....	2 g
Trans Fat.....	0 g
Polyunsaturated Fat	3 g
Monounsaturated Fat	8.5 g
Cholesterol.....	13 mg
Sodium.....	336 mg
Carbohydrates.....	39 g
Fiber	5.5 g
Sugars	11 g
Added sugars.....	0 g
Protein	7 g

Dietary Exchanges: 2 vegetable, 1 fruit, 2 fat

This recipe from CAULIPOWER is an American Heart Association Heart-Check Certified Recipe.

