Grilled Summer Veggie Pizza

This is a quick healthful pizza with flavorful, seasonal vegetables! Experiment with zucchini, tomatoes, or your other favorite vegetables. You can also bake it in the oven at 500° for 15 minutes.

**Ingredients:**

- 8 ounces store-bought whole wheat pizza dough
- 3 tablespoons olive oil, divided
- 2 garlic cloves, minced
- 1 onion, sliced in thin strips
- 1 red bell pepper, sliced in thin strips
- 8 ounces asparagus, cut into 1-inch pieces
- 2 ears of corn, shucked (or 1 ½ cups frozen corn)
- ¾ cup shredded reduced-fat mozzarella cheese
- ½ tsp crushed red pepper
- 1/3 cup fresh basil leaves.

**Directions:**

1. Preheat grill to 550° F.
2. Let dough come to room temperature for 30 minutes in a bowl. Heat 1 tablespoon of olive oil in a small skillet and cook garlic until fragrant (but not browned). Add the onion and pepper slices; sauté for about 5 minutes. Mix asparagus and corn into onion mixture.
3. Oil the grill grates with one tablespoon of olive oil. Roll out pizza dough and oil both sides with remaining tablespoon olive oil. Cook crust for a 1-2 minutes, flip it over and top it with cheese and vegetables. Cook for 3-5 minutes or until edges are crisp and cheese is melted. Top with red pepper flakes and basil leaves. Remove from grill to cool for 3 minutes, cut and enjoy!

**Serving Size:** 2 slices

**Yield:** 4 servings

**Nutrition Information / Amount per serving:**

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Protein</th>
<th>Total fat</th>
<th>Total Carbohydrates</th>
<th>Saturated fat</th>
<th>Dietary Fiber</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>356</td>
<td>14.8 g</td>
<td>12.8 g</td>
<td>49.3 g</td>
<td>3.4 g</td>
<td>6.8 g</td>
<td>728 mg</td>
</tr>
</tbody>
</table>

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