



Technicolor Vegetable Pizzas

Preparation time: 20 minutes

Rose colored glasses won't be needed to appreciate the variety of colors and blend of tastes offered by these easy to make individual pizzas.

- 3 cups frozen mixed vegetables with mushrooms
- 5 slices Italian bread (1 oz. slices; each ~ 1" thick and 5" long)
- 1 tablespoon olive oil
- ½ cup prepared pizza sauce
- 1 cup finely chopped tomato
- ½ cup very finely diced onion
- 1 tablespoon dried oregano leaves
- 1 teaspoon garlic powder
- 2 ½ tablespoons grated Parmesan cheese



Instructions: Pre-heat oven to 350° F and place oven rack in middle-high position. Microwave frozen vegetables, then pat dry. Brush all bread slices lightly with oil and spread each with ~ 1½ tablespoons sauce.

Combine all vegetables in a medium-sized bowl. Carefully spoon vegetable mixture equally onto bread slices. Sprinkle with oregano and garlic powder and then with cheese. Bake about 5-7 minutes, until bread is brown on the edges and all vegetables are piping hot. Serve immediately.

Serves: 5

1 Cup of Vegetables per Serving

Fruit and/or Veggie Colors: Green, White, Yellow, Orange, Red [\[What's This?\]](#)

Nutrition Information per Serving: calories: 182, total fat: 5.0g, saturated fat: 1.1g, % calories from fat: 24%, % calories from saturated fat: 5%, protein: 6g, carbohydrates: 29g, cholesterol: 2mg, dietary fiber: 5g, sodium: 339 mg

Each serving provides: An excellent source of vitamin A and a good source of vitamin C, folate and fiber.

Recipe was developed for Produce for Better Health Foundation (PBH) by Chef Carmen I. Jones, CCP. This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

Recipe from the [Cool Fuel for Kids](#) cookbook.

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