



Mango salsa pizza

Ingredients:

- 1 c. chopped red or green bell peppers
- 1/2 c. minced onion
- 1/2 c. mango, seeded, peeled and chopped
- 1/2 c. pineapple tidbits
- 1 T. lime juice
- 1/2 c. fresh cilantro, chopped
- 1 12-inch prepared whole-grain pizza crust, purchased or made from a mix

Adapted with permission from Mayoclinic.org

Directions

Preheat the oven to 425 F. Lightly coat a 12-inch round baking pan with cooking spray.

In a small bowl, mix together the peppers, onions, mango, pineapple, lime juice and cilantro. Set aside.

Roll out dough and press into the baking pan. Place in the oven and cook about 15 minutes.

Take the pizza crust out of the oven and spread with mango salsa. Place the pizza back into the oven and bake until the toppings are hot and the crust is browned, about 5 to 10 minutes.

Cut the pizza into 8 even slices and serve immediately. Serves 4.

Nutrition facts

Per serving (2 slices)	
Calories	250
Protein	8 g
Carbohydrate	45 g
Total fat	4 g
Saturated fat	1.5 g
Monounsaturated fat	1.5 g
Cholesterol	0 mg
Sodium	354 mg
Fiber	8 g
Added sugar	0 g