



Picture by: Super Healthy Kids

# RAINBOW PIZZA

This colorful and nutritious recipe provides veggies, vitamin C, and Calcium.

\*Tip: Involve your child in the preparation of the recipe by asking them to spread the sauce on the pizza crust, sprinkling the cheese and vegetable topping on the crust.

**Serves:** 8

**Serving:** 1 pizza slice

## WHAT YOU WILL NEED:

- 1 baking sheet
- Parchment paper or non-stick spray
- 1 whole grain pizza crust
- 1 cup low-fat mozzarella cheese
- 2 cups pizza sauce
- 1 medium-sized skillet
- 5 mini red peppers
- 5 mini yellow peppers
- 5 mini yellow peppers
- 1 medium green bell pepper
- 1 medium red onion

## APPROXIMATE COST:

- Total Cost: \$7.96
- Cost per Serving: \$0.99

## INSTRUCTIONS:

1. Preheat oven to 400 F.
2. Place parchment paper on baking sheet or spray sheet with non-stick cooking spray and place pizza crust on tray.
3. Spread pizza sauce on crust.
4. Sprinkle cheese on top of pizza sauce.
5. Cut the peppers and red onion into small squares.
6. Spray the skillet with non-stick cooking spray and cook the onions on high heat for 1-2 minutes. Place on a dish. Repeat step 6 with the rest of the vegetables individually.
7. Place the vegetables on top of the cheese placing the onion in the middle in a circle, then surround it with the green peppers, then the orange, red, and lastly the yellow.
8. Cook the pizza in the oven for 10 minutes or until the cheese melts.
9. Enjoy!

## NUTRITION FACTS:

- Calories: 256 Cal
- Carbohydrates : 35 g
- Protein: 14 g