

LUNCH OR DINNER — MAIN DISH

Veggie Pizza (Whole-Grain Crust)

Makes 6 servings · 1 slice each

SATIETY SCORE	NUTRITION
3 / 5	HIGH
Per serving (approx.): Protein 13 g · Fiber 6 g · Calories 290	

Ingredients

- 1 whole-grain pizza crust (or homemade)
- ¾ cup Sun-Dried Marinara (see NuStart recipe) or marinara with five or fewer ingredients
- 1½ cups shredded mozzarella cheese
- 1 cup mushrooms, sliced
- 1 red bell pepper, thinly sliced
- ½ red onion, thinly sliced
- 1 cup fresh baby spinach
- 1 Tbsp olive oil
- 1 tsp dried oregano

Directions

1. Preheat the oven to 425°F and prepare the crust per its directions.
2. Spread the marinara over the crust, then scatter the mozzarella evenly.
3. Top with the mushrooms, bell pepper, onion, and spinach; drizzle with the olive oil and sprinkle with oregano.
4. Bake 12–15 minutes, until the crust is golden and the cheese is bubbling. Slice and serve.

Note: Swap in any vegetables you enjoy — zucchini, cherry tomatoes, or artichoke hearts all work well.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 4 oz mushrooms (about 1 cup sliced)
- ☐ 1 red bell pepper
- ☐ ½ red onion
- ☐ 1 bag (5 oz) spinach (about 1 cup)

DAIRY & EGGS

- ☐ 1½ cups mozzarella cheese

BAKERY & GRAINS

- ☐ 1 whole-grain pizza crust

PANTRY & DRY GOODS

- ☐ ¾ cup Sun-Dried Marinara (see NuStart recipe) or marinara with five or fewer ingredients

CHECK YOUR PANTRY

- ☐ Olive oil
- ☐ Oregano