



# Mushroom Cap Pizza

## INGREDIENTS

- 1 large mushroom cap, 100 grams
- 1-1/2 Tbsp Prego no-sugar added Traditional pasta sauce
- 1 oz Polly-O part-skim mozzarella
- 4 slices turkey pepperoni
- 1 Tbsp minced garlic
- pinch dried oregano
- pinch dried basil
- vegetables of choice (I used diced tomatoes and peppers)

## NUTRITION FACTS

Servings: 1

Amount Per Serving

- Calories 148
- Total Fat 7 g
- Saturated Fat 3 g
- Cholesterol 24 mg
- Sodium 448 mg
- Carbohydrate 12 g
- Dietary Fiber 2 g
- Sugars 5 g
- Protein 11 g
- myWW Blue: 2
- myWW Purple: 2
- myWW Green: 2

## DIRECTIONS

1. Preheat oven to 400 degrees.
2. Spray foil-lined baking tray with cooking spray.
3. Wash bottom of mushroom caps by lightly rubbing with damp paper towel.
4. Remove the stem and discard or save for another recipe. Using a spoon, carefully remove the gills of the mushroom and discard.
5. Brush mushroom with minced garlic.
6. Bake mushroom cap in 400-degree oven for about 10 minutes. Remove from oven.
7. Top mushroom cap with sauce, cheese, turkey pepperoni, and veggies. Sprinkle with oregano and basil.
8. Bake in 400-degree oven for about 10 minutes or until cheese is melted.

This recipe can be found at:

<https://planningushealthy.com/mushroom-cap-pizza>

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