



Healthy Eating & Weight Loss

Gotta Have Pizza

Dough

- 1 and 1/4 cup all purpose flour
- 1 and 1/2 tsp yeast
- 1 tsp salt
- Vegetable oil cooking spray

Topping

- 1 pound red and yellow cherry tomatoes, halved
- 1/2 pound turkey sausage, cooked and thinly sliced
- 1 cup grated part skim mozzarella
- 1 tbsp chopped fresh basil
- 1 tbsp balsamic vinegar
- 1 tbsp olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon red pepper flakes

Mix flour, yeast and salt into a bowl. Gradually add 1/4 cup warm water until a soft dough forms. Divide into 4 portions. Using hands, roll into balls and coat with cooking spray, cover with plastic wrap and set aside 30-45 minutes. When ready to cook, place each ball of dough on a piece of wax paper and flatten into a 4 inch circle.

Coat grill with cooking spray and heat on high. Gently lift dough onto grill and cook until dough puffs and underside stiffens (about 30 seconds) Flip and reduce heat to low.

Mix topping ingredients, divide amongst the pizzas. Cover grill and grill until cheese melts (about 5 minutes) Slice and serve

391 calories per serving, 26 g protein

Be sure to visit us for more great recipes!!

<http://www.douglasvilleweightloss.com>