



## FUN Meal!

### Cheese Lovers Pizza Squares

**Preparation Time:** 15 Minutes

**Cook Time:** 18 Minutes

**Serves:** 10

#### Ingredients:

- 1 (13.8 ounce) can refrigerated pizza dough
- 1 cup part-skim Ricotta cheese
- 2 cups (8 ounces) shredded part-skim Mozzarella cheese
- 2 ounces turkey pepperoni, diced
- 2 plum tomatoes, thinly sliced
- 1 cup yellow pepper, sliced
- 1 teaspoon oregano
- 2 tablespoons chopped parsley

#### Cooking Instructions:

1. Preheat oven to 400°F. Press pizza dough into 15X10 inch jelly roll pan.
2. Bake for 12 minutes; remove from oven and spread Ricotta cheese over crust.
3. Top with Mozzarella, pepperoni, tomatoes, yellow pepper and oregano.
4. Return to oven and bake for 6 minutes or until cheese is melted. Sprinkle with parsley, cut into squares and serve.

Recipe provided by 3aday.org

#### Nutrition Facts Per Serving

Calories: 176

Total Fat: 6 g

Protein: 27 g

Dietary Fiber: 0 g

#### \*Breakfast Tip\*

Not the breakfast type? Ease into the habit slowly. Include some downtime into your morning routine. From there, add some light food to the routine (cereal, yogurt, half a sandwich) to get used to fueling your body. If you can't afford downtime in the morning, take breakfast to work with you and enjoy your first few minutes at work with a healthy meal.

#### \*Lunch Tip\*

Lighten up your tuna salad. Mix a dressing of mustard and plain yogurt. Add packaged tuna and pre-packaged coleslaw cabbage. Combine and enjoy!

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