

GLUTEN-FREE

Southwestern Veggie Pizzas

ACTIVE TIME: 10 min.

TOTAL TIME: 20 min. SERVES: 6

- 2 (9") prepared gluten-free thin pizza crusts
- ½ cup barbecue sauce
- 1 cup shredded Pepper Jack cheese
- 2 bell peppers, seeded and diced
- 3 avocados, seeded and diced

Per serving: Cal. 425 Pro. 10g Carb. 45g
Fiber 7g Sug. 11g Chol. 17mg Sod. 571mg
Total fat: 24g Sat. 6g Trans. 0g

Creamy avocado, smoky BBQ sauce and spicy pepper Jack combine for a winning vegetarian meal that's so good, no one will miss the meat

1 Heat oven to 400°F. Place pizza crusts on foiled-lined baking sheet lightly coated with cooking spray. Spread with barbecue sauce; sprinkle with cheese and peppers. Bake 10 min. or until cheese is melted.

2 Divide avocado evenly over pizza crusts. Garnish with thinly sliced red onion and fresh basil, if desired.

Healthy shortcut

For a tender, chewy crust that's also full of nutrition, we use Smart Flour Foods Original Pizza Crusts (\$5 for two, supermarkets). The blend of teff, amaranth and sorghum flours lends these delights a nutty flavor, plus delivers a dose of stress-soothing minerals and metabolism-revving amino acids—all for just 100 calories per serving.



FROM LEFT: FOOD & PHOTO: FOTOMANIA