



Savory Vegetable Pizza

INGREDIENTS

Whole-wheat pizza crust
(pre-made or store bought)

1 tbsp oil

1/2 yellow onion

1 cup button mushrooms

1 pepper

1/2 tsp basil

1/2 tsp oregano

1/2 tsp garlic powder

[Tofu ricotta \(optional\)](#)

Pasta Sauce Ingredients:

1 can crushed tomatoes (15 oz)

1/2 tsp basil

1/2 tsp oregano

1/2 tsp garlic powder

METHOD

1 Prep. Preheat the oven to 425°F. Slice the yellow onion, mushrooms, and pepper.

2 Cook the Toppings. Heat a large skillet over medium heat. Add the oil. Next, add the onion and mushrooms. Cook until the onion softens and the mushrooms darken. Add the pepper, basil, oregano, and garlic powder. Cook for about 1 minute more. Remove from heat.

3 Make the Sauce. In a bowl, mix the crushed tomatoes with the basil, oregano, and garlic powder.

4 Assemble and Bake. Spread the sauce over the pizza crust, leaving about 1/2 inch around the edges. Add the sautéed vegetables on top. Add tofu ricotta if using. Bake for 17–20 minutes, until the crust is crisp on the bottom. Serve and enjoy.