

Three Pepper Pizza

Serving Size 1 wedge

Servings 6

Prep Time 5 min

Cook Time 12 min



Nutrition Information

Calories	236
Fat	6.1 g
Saturated fat	2 g
Protein	10.3 g
Carbs	36.2 g
Fiber	2.1 g
Cholesterol	10 mg
Sodium	352 mg

Health Benefit

[Low Cholesterol](#)

Ingredients

1/4 teaspoon [italian seasoning](#)

1/3 cup [tomato paste](#)

1/4 cup [water](#)

1 (12-inch) [prebaked refrigerated pizza crust](#)

1 cup (4 ounces) [part-skim mozzarella cheese, shredded](#)

1 1/2 cups [green, red, and yellow bell pepper diced \(about 3 small peppers\)](#)

1/2 [onion, chopped](#)

Directions

1. Preheat oven to 450°.
2. Combine seasoning, tomato paste, and water in a small bowl; stir well. Spread over pizza crust. Top evenly with cheese. Sprinkle bell pepper and onion evenly over cheese.
3. Bake at 450° for 10 to 12 minutes or until cheese melts. Cut into 6 wedges, and serve.