

# Veggie LOVER PIZZA

Want an alternative to the classic pizza. Try this fresh substitute. Why is it so fresh? It's loaded with the finest vegetables that everyone can enjoy!



## DIRECTIONS:

- Rinse and drain lentils.
- Preheat you BBQ to 350 degrees Fahrenheit.
- Quarter Bell Peppers and hot sear for 2-3 minutes until grill marks form, set aside to cool.
- Slice Grape and Cherry Tomatoes in 1/3's. Half and thinly slice red onion.
- Once cool, dice the grilled Bell Peppers.
- Begin topping the pizzas with the grilled Bell Peppers, Tomatoes, red onion and the crumbled feta. Avoid overloading the flatbread with toppings.
- Place the flat breads on the top rack of the BBQ and close the lid, allow 5 minutes of cook time and until the feta has begun to melt a bit.
- Remove from the BBQ and top with the arugula.
- Cut each pizza into 4 pieces.
- Arrange the pre-cut flat bread

Nutrition Facts	
Serving Size (131g) Servings Per Container	
Amount Per Serving	
<b>Calories</b> 170	<b>Calories from Fat</b> 35
% Daily Value*	
<b>Total Fat</b> 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 280mg	12%
<b>Total Carbohydrate</b> 27g	9%
Dietary Fiber 2g	8%
Sugars 4g	
<b>Protein</b> 6g	
Vitamin A 30%	Vitamin C 70%
Calcium 8%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



**Prep time:** 5 Minutes  
**Cook time:** 5-7 Minutes  
**Serves:** 8 People

## INGREDIENTS:

- 2 Red Bell Peppers
- 1 pint of mixed Grape and or Cherry tomatoes
- 4 whole wheat Naan flat breads
- 1 large red onion - halved and thinly sliced
- 1/2 cup crumbled low sodium feta cheese
- 1 cup arugula

## CHEF'S TIP:

If you don't have access to a BBQ, these can also be prepared in an oven. Just adjust cooking temperature to 400 degrees Fahrenheit and use a baking sheet lined with parchment paper. For the meat lovers on your team, the addition of diced grilled chicken breast is a nice twist to this simple appetizer.

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