

### ***White Spinach Pizza***

1 individual flatbread Pizza Crust  
1 tsp minced garlic  
2 teaspoon extra virgin olive oil  
2 cups fresh chopped spinach  
1 cup fresh sliced mushrooms  
¼ cup classic Alfredo sauce  
1 small thinly sliced tomato, cut into quarters  
½ cup reduced fat 4 Cheese Italian

#### Directions:

1. Preheat oven to 350F. Lay flatbread pizza crust onto baking sheet or pizza pan.
2. Sauté 1 teaspoon of oil and spinach in a saucepan for about 5 minutes, set to the side.
3. Sauté 1 teaspoon of oil and mushrooms in a saucepan for about 5 minutes, set to the side.
4. Spread ¼ cup of Alfredo sauce onto the pizza crust, spoon spinach onto pizza crust, then arrange mushrooms and tomatoes slices. Top pizza with cheese.
5. Bake pizza for 8-10 minutes in preheated oven, or until cheese is melted.

Nutrient Analysis, per serving: 132 calories, 9g. carbohydrates, 7g. protein, 8g. fat, 262mg. sodium