



Pizza with Lemon and Brussels Sprouts

Recipe Source: www.marthastewart.com

Serves 3

Ingredients:

- 2 tsp olive oil
- ½ lb whole wheat pizza dough (homemade or store-bought)
- 3 oz fresh mozzarella, thinly sliced, part skim
- ½ cup finely grated fresh Parmesan cheese
- 2 cups packed Brussels sprouts leaves
- Salt and freshly ground black pepper
- 5 paper-thin lemon slices, cut into half-moons (from ½ lemon)

Steps:

- Preheat the oven to 475°. Spray a 9-inch round cake pan with cooking spray. Press dough flat in pan, spreading to edges. (If it retracts, let rest 5 minutes before continuing). Brush a 1-inch border around edge with 1 tsp olive oil.
- Scatter mozzarella and half the Parmesan evenly over dough, leaving a ½-inch border around edge.
- In a medium bowl, toss Brussels sprouts with remaining Parmesan, 1 tsp oil, 1/8 tsp salt, and ¼ tsp pepper. Scatter sprout mixture over cheeses and top with lemon.
- Bake 15-20 minutes on the middle rack in oven until dough is cooked through, crust is golden, and edges or sprouts are starting to char. Let cool slightly before removing from pan and slicing.

Tips from the Test Kitchen: If the lemon slices are too thick, they will be hard to chew and won't caramelize properly. So if you can't get paper-thin lemon slices, an alternative is to zest then juice the lemon. Toss juice from ½ the lemon with the Brussels sprouts when you combine them with the cheese, salt, and pepper. Sprinkle zest on the Brussels sprouts mixture after adding it to the pizza.

Nutritional Facts: Per Serving: Calories: 457, Carbohydrates: 44 grams, Protein: 19 grams, Total Fat: 23 grams, Saturated Fat: 7 grams, Cholesterol: 30 mg, Sodium: 768 mg, Fiber: 5 grams, Total Sugars: 5 grams.