

# Verry Veggie Pizza

**Prep time:** 30 minutes

**Cook time:** 15 minutes

**Makes:** 6 Servings

## Ingredients

- 1 1/4 cups** Non Fat Yogurt
- 4 teaspoons** All Purpose Herb Seasoning
- 1 cup** Black Beans, Soaked, Drained
- 1 crust** WG-16" Pre-Made Pizza Crust
- 4 cups** Mozzarella cheese, low-fat, shredded
- 2 cups** carrots, shredded
- 3/4 cup** Cucumber, Chopped
- 8 tablespoons** red bell pepper, chopped
- 1 cup** broccoli, chopped



## Directions

1. In a bowl, blend the yogurt and herb seasoning. Set aside.
2. In another bowl, smash the black beans, then stir into the yogurt mixture. Set aside.
3. Place the whole grain pizza dough on a parchment paper covered 18"x26" baking sheet. Bake for 15 minutes in a 375 degree F oven until crust is golden brown, cool the crust.
4. Spread 2 1/4 cups of the yogurt/bean mixture on the crust.
5. Evenly distribute the cheese and all vegetables toppings.
6. Cut into 6 slices and serve.

## Notes

Serving Size: 1 slice