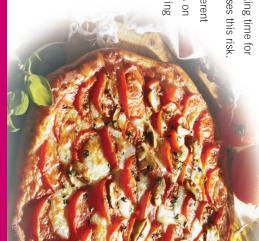


Did you know?

the cancer process called heterolcylic amines (HCAs) and polycyclic aromatic Grilling animal products causes formation of potent carcinogens hydrocarbons (PAHs) within food. These substances can trigger

and decreasing cooking time for Grilling vegetables and other non-meat foods animal foods decreases this risk

Experiment with different vegetables and fruits on your grill this upcoming grilling season for a healthy grilling experience.



For more information, visit clevelandclinic.org/nutrition

Grilled Pizza

Makes 6 servings

1 package prepared whole-wheat pizza crust (found in refrigerated section)

½ cup prepared pesto sauce

4 oz. of soft, low-fat goat cheese, cut in small cubes

1 large ripe tomato, sliced thin

¹/₃ cup of canned roasted red pepper, drained well and cut in thin strips

6 oz. pre-cooked chicken breast, cut in small chunks

- Spray or brush grill grate with oil. Preheat grill to medium-high.
- Brush or spray a cutting board or large pan with olive oil. Spread out pizza dough with oiled fingers into the desired crust shape.
- Prepare vegetables, chicken and cheese in small cups or bowls. Set aside.

- 4. When you are ready to grill, put pizza dough on grill and cover. Cook for approximately 2-3 minutes, or until the top begins to bubble and the bottom in lightly browned.
- 5. Flip over and brush with pesto sauce. Working quickly, add the tomatoes, roasted red peppers and chicken. Dot with cheese. Cover and cook for another 2-3 minutes, or until the cheese is melted.
- **6.** Take off the heat and enjoy!

NUTRITIONAL INFORMATION (PER SERVING):

Calories: 428
Total fat: 12g
Saturated Fat: 5g
Fiber: 6g
Sugar: 3g

Protein: 24g Sodium: 540mg Calcium: 95mg Magnesium: 80mg Potassium: 410mg