

Did you know?

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

Grilling vegetables and other non-meat foods and decreasing cooking time for 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**

Recipe created by Digestive Disease Institute registered dietitians.

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

⅓ cup of canned roasted red pepper,
drained well and cut in thin strips

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

1. Spray or brush grill grate with oil. Preheat grill to medium-high.
2. Brush or spray a cutting board or large pan with olive oil. Spread out pizza dough with oiled fingers into the desired crust shape.
3. 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