

Nutrition Facts (Total 2 servings)

1 serving:

- Calories 395
- Carbohydrates: 59 g
- Protein: 15 g
- Fat: 13 g
- Sodium: 1570 mg
- Fiber 7.9 g
- Sugar: 19 g



Ingredients:

Pizza

- ½ of 1 Trader Joe's garlic-herb pizza crust
- ½ cup of each red, green, and orange bell peppers (loosely chopped/sliced)
- ⅓ cup red onion (chopped)
- 1 cup button mushrooms (chopped)
- ½ tsp dried or fresh basil
- ½ tsp oregano
- ½ tsp garlic powder
- ¼ tsp sea salt
- 1 tbsp olive oil

Sauce

- 1 15 oz can tomato sauce
- ½ tsp dried or fresh basil
- ½ tsp of oregano
- ½ tsp of garlic powder
- ½ tsp granulated sugar
- ¼ tsp sea salt (to taste)

Toppings

- ½ cup vegan parmesan cheese
- Red pepper flakes + dried oregano

Equipment:

- Knife
- Cutting board
- Baking sheet pan
- Oven
- Parchment paper
- Large skillet

Instructions:

1. Preheat oven to 425 degrees F
2. Bring a large skillet to medium heat. Once hot, add oil, onion, and peppers. Season with salt and herbs and stir. Cook until soft and slightly charred. ~10-15 min. Add the mushrooms in the last minutes. Set aside
3. Roll out dough onto a floured surface and transfer to a parchment-lined baking sheet.
4. Top with the desired amount of tomato sauce, a sprinkle of parmesan cheese, and the sautéed veggies.
5. Place pizza in the oven and bake for 17-20 minutes or until crisp and golden brown.
6. Top with parmesan cheese, oregano, and red pepper flakes. Enjoy!