

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



4 for \$10.00

Veggie Pizza with Chopped Kale and Apple Salad with Honey Dijon Dressing

Total Cost \$8.92

Makes 4 servings

Ingredients:

Store bought:

- 1 (1 pound) package whole wheat pizza dough
- 1 (8 ounce) package pizza cheese
- 1 (8 ounce) can no-salt-added tomato sauce
- 1 red bell pepper, diced small
- 1 bunch kale
- 2 apples, cored and chopped
- ½ pound grapes (about 1 cup)

Pantry Ingredients:

- 1 medium onion, chopped
- 3 tablespoons canola or olive oil
- 3 tablespoons vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- ¼ teaspoon salt
- ¼ teaspoon pepper

Directions:

For the Pizza: Preheat oven to 400 degrees. Roll out pizza dough to form one 16- inch round pizza or 4 6- inch individual pizzas. Place on dough on pizza pan or baking sheet. Spread ½ cup tomato sauce evenly over dough. Sprinkle pizza evenly with cheese. Top with ½ the red pepper and ½ the onion. Bake for about 15 minutes, until cheese is bubbling and crust is browned.

For the Salad: Remove the stems of the kale and chop into approximately 1 inch pieces. Place in a large bowl. Add the apples, and the rest of the red pepper and onions. Top with Honey Mustard Dressing (see below). Mix well to coat kale.

For the Dressing: Combine the oil, vinegar, mustard, honey, salt and pepper in a small bowl. Whisk to combine.

Nutritional Information per serving:

Calories: 587	Carbohydrates: 43 g
Total Fat: 21 g	Cholesterol: 15 mg
Saturated Fat: 4 g	Dietary Fiber: 7 g
Sodium: 523	Protein: 17 g