

Mini Greek Pizza

1/2 of recipe: 93 calories, 3.5g total fat (1g sat fat), 442mg sodium, 10.5g carbs, 4g fiber, 1.5g sugars, 6.5g protein

Ingredients:

1 Flatout Flatbread
1/4 cup canned crushed tomatoes
3 tbsp. finely chopped spinach leaves
3 tbsp. crumbled reduced-fat feta cheese
2 tbsp. sliced black olives
Seasonings: garlic powder, onion powder, Italian seasoning

Directions:

1. Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.
2. In a small bowl, combine tomatoes with 1/8 tsp. of each seasoning. Mix well.
3. Spread seasoned tomatoes onto flatbread rounds, leaving a 1/2-inch border.
4. Top with spinach, feta cheese, and olives. Sprinkle each piece of flatbread with a dash of Italian seasoning.

Bake until hot and lightly browned, 8 - 10 minutes.