



INGREDIENTS:

- 1 medium-thin pizza crust (10 to 14 inches in diameter)*
- 1 zucchini
- 1 cup of grape tomatoes
- ½ cup of ricotta cheese
- 1 lemon
- 1 tbsp of garlic powder (could also use fresh or minced garlic - 1 tbsp or 1-2 cloves, minced)
- 2 tsp of honey
- 1 tsp of chili flakes (if you like some spice)
- 1 tsp olive oil, plus more for cooking

**Look for a lower sodium, whole-grain option. Reach out to your dietitian if you need ideas.*

Zucchini and tomato pizza

Directions

1. Preheat the oven to 450°F.
2. Wash and dry all produce. Trim and halve zucchini lengthwise; thinly slice crosswise into half-moons. Halve tomatoes. Zest and quarter the lemon.
3. Heat a drizzle of oil in a large pan over medium-high heat. Add zucchini and cook, stirring occasionally until lightly brown and softened. Turn off heat.
4. In a small bowl, combine tomatoes, garlic, and a drizzle of olive oil.
5. In a second small bowl, mix ricotta cheese, half of the lemon zest, 1 tsp olive oil, and lemon juice to taste.
6. Place pizza crust on a prepared baking sheet. Evenly spread with lemon ricotta mixture. Top with zucchini and tomatoes (cut sides up). Bake until the pizza crust is golden brown, approximately 10-15 minutes.
7. Once pizza is done, remove from the oven and top with remaining lemon zest and chili flakes. Drizzle with honey, then cut into pieces, divide between plates, and serve.