Broccoli Pizza

1½ cups shredded Monterey Jack cheese
1 12-inch whole wheat pizza crust
1 cup chopped broccoli florets
1 medium zucchini, thinly sliced
1 medium onion, sliced into strips
½ medium red bell pepper, cut into strips
1 medium tomato, thinly sliced
2 cloves minced garlic
1 teaspoon dried Italian seasoning
2 tablespoons vegetable oil

Yield: 8 slices

Nutrition Analysis:
320 calories; 23g fat; 11g saturated fat; 0g trans fat; 65mg cholesterol; 540mg sodium; 18g carbohydrates; 3g dietary fiber; 3g sugars; 15g protein.

1. Sprinkle half of the cheese evenly over crust; set aside.
2. Sauté vegetables, garlic and Italian seasoning in hot oil 3-5 minutes or until vegetables are crisp-tender.
3. Spoon vegetables evenly over pizza crust.
4. Top with remaining cheese.
5. Bake at 450°F 5 minutes or until cheese melts.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers’ market, or roadside stand.