



Recipes

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Salad Pizza with White Beans

Prep Time: 10 Minutes

Cooking Time: 10 Minutes

Serves 12

Ingredients:

12 each 6" Smart Hearty Grains™ Tortilla (47086)

3 oz. Goat Cheese , soft

3 oz. Greek Yogurt , 0% fat , plain

6 oz. Spring Mix

12 oz. Cannellini Beans , drained and rinsed

12 oz. Tomatoes , heirloom , quartered

1/4 Basil Chiffonade

Lemon Basil Vinaigrette , see related recipe

Directions:

1. Pre-heat convection oven to 350°F.

2. Combine goat cheese and Greek yogurt. Reserve refrigerated.

3. To build each pizza: Spread 0.5 oz goat cheese around each tortilla. Place on cooling rack over parchment lined sheet tray. Place in oven and bake 5-8 minutes, or until cheese is melty and edges of tortilla are crisp. Remove from oven, top with 0.5 oz. spring mix, 1.0 oz. cannellini beans, 1.0 oz. tomato quarters, 1 tsp. basil chiffonade and drizzle with 2 ½ tsp. Lemon Basil Vinaigrette. Cut into quarters and serve.

4. To help meet Kids LiveWell criteria, serve with ½ cup cantaloupe and 8.0 fl. oz. unsweetened iced tea.



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Lemon Basil Vinaigrette

Prep Time: 5 Minutes

Serves 1

Ingredients:

3/4 tsp. Lemon Juice , fresh

1/4 tsp. Water

3/8 tsp. Honey

1/4 tsp. Basil , minced

1/8 tsp. Lemon Zest

1/8 tsp. Mustard , whole grain

3/4 tsp. Extra Virgin Olive Oil

Salt and Pepper to taste

Directions:

1. In a high speed blender, combine lemon juice, water, honey, basil, lemon zest, and mustard. Turn on blender and pour in olive oil in a steady stream to emulsify.

Season to taste. Reserve refrigerated.