

Free sample recipe from The Sneaky Chef

<http://www.thesneakychef.com>



MAC 'N' CHEESE PIZZA

When you can combine three of your kid's top favorite foods (in this case, pizza, pasta, and cheese) together with healthy ingredients, you know you have a winning recipe. The pizza sauce is already a healthy food because of its lycopene-laden tomatoes, and it also offers an ideal hiding spot for pureed white and orange vegetables. This is also the one way Missy gets some kids to eat whole-grain pasta because it's blanketed with the melted cheese, so they can't tell it's not their usual white noodles.

Makes 8 servings

3/4 cup store-bought pizza sauce

1/4 cup White or Orange Puree (See Make-Ahead Recipe #4, p. 260, or #2, p. 258)

1 large (about 12-inch) store-bought pizza crust, ideally whole grain
(like Boboli® whole grain)

1 cup cooked elbow pasta, ideally whole grain

1 1/2 cups part-skim shredded mozzarella cheese

Preheat oven to 450 degrees and preheat a pizza stone, if using one, or spray a baking sheet with oil.

In a mixing bowl, combine pizza sauce with White or Orange Puree. Mix well. Spread sauce evenly over pizza crust. Scatter cooked pasta evenly over the sauce, then top with shredded cheese. Bake for 10 to 12 minutes until cheese is melted, bubbly, and golden brown.

Allow to cool a few minutes, then cut into wedges and serve.

Nutritional Information

Per Serving (1 slice, 101g): Calories 193; Total Fat 7g; Fiber 5g; Total Carbohydrate 24g; Sugar 2g; Protein 11g; Sodium 332mg; Cholesterol 18mg; Calcium 180mg

Free sample recipe from The Sneaky Chef

<http://www.thesneakychef.com>