

Meal Prep Pizza



Introducing a healthier pizza recipe that's perfect for both a delicious treat and savvy meal prep. This recipe focuses on nutrient-rich ingredients, while using low fat cheese. Ready to be enjoyed fresh or prepped ahead and frozen for convenient meals throughout the week or when you don't feel like cooking!

Preparation 5 min

Cooking 15 min

Servings 1

Nutrition Facts (per serving)

Calories 400

Fat 14

Carbohydrates 48

Fibre 4

Protein 24

Sodium 910

Ingredients

- 1 6-inch pizza crust (such as Kontos)
- 30 ml (2 tbsp) pizza sauce
- 30 g (1.5 oz) light mozzarella cheese, grated
- 30 g (1.5 oz) light soft goat cheese, in small 2 cm pieces
- 5ml (1 tsp) pine nuts

- Basil leaves, cut in 2-3 cm pieces, to taste
- Onion, thinly sliced, to taste

Preparation

1. Top the pizza crust with the pizza sauce, cheese, and then the remaining ingredients to taste.
2. Wrap each prepared pizza in plastic wrap, then store several pizzas stacked in a large ziplock bag.
3. Once ready to eat, cook in the oven for at 350°F (175°C) for 15 minutes.

Notes

Keeps 1-2 days in the refrigerator. Can be frozen up to 3 months.

It is possible to prepare multiple at a time for an efficient meal prep, or to make one pizza for immediate use and to cook it at 350°F (175°C) for 7 minutes.



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