

P. Grilled *Pizza* with Pesto, Tomatoes & Feta



- 1 lb prepared pizza dough, preferably whole-wheat
- ½ c prepared pesto
- 4 ripe plum tomatoes, thinly sliced
- ½ c crumbled feta cheese
- Freshly ground pepper, to taste
- ¼ c lightly packed fresh basil leaves, torn

- 1 Heat grill to medium-high.
- 2 Meanwhile, place dough on a lightly floured surface. Divide into 4 pieces. Roll each piece into an 8-inch round crust, about ¼ inch thick. Place crusts on a floured baking sheet. Carry crusts and toppings out to the grill.
- 3 Lay crusts on grill (they won't stay perfectly round). Cover grill and cook until crusts are lightly puffed and undersides are lightly browned, about 3 minutes.
- 4 Using tongs, flip crusts. Immediately spread pesto over crusts. Top with tomatoes. Sprinkle with feta and pepper. Cover grill and cook until the undersides are lightly browned, about 3 minutes more. Sprinkle with basil and serve immediately.

Makes 4 servings. Per serving: 455 calories; 18 g fat (7 g saturated fat, 10 g mono unsaturated fat); 27 mg cholesterol; 49 g carbohydrates; 17 g protein; 4 g fiber; 749 mg sodium; 257 mg potassium.

Harvest the Health Benefits of Gardening

Gardening is not only a great way to cut down on your grocery bills, but also an excellent way to boost your health. Start your very own backyard garden today and enjoy:

Improved Mood. According to studies, spending time with Mother Nature can help relieve stress and make you feel happier.

Vitamin D. Soak up the sun (and all the Vitamin D that comes with it) to protect yourself from illnesses such as heart disease and osteoporosis.

Physical Activity. As a moderate form of exercise, gardening for 30 minutes per day can lower your blood pressure and cholesterol.

Fresh Produce. Eat all the delicious fruits and veggies from your garden and reap the rewards of a nutritious, vitamin-rich diet!

For more health info and tips, visit www.sach.org.

References:

<http://earth911.com/health/gardening-health-benefits/>

<http://www.nextavenue.org/article/2012-01/gardenings-surprising-health-benefits>



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