

### **Smoky Salmon Pizza: 20 Minute Meal**



#### **INGREDIENTS:**

1 can or pouch (6 to 7.5 oz.) salmon, drained and chunked  
1 prepared pizza crust or Italian bread shell (about 12 in. or 16 oz.)  
Cooking spray  
1 package (3 oz.) softened cream cheese  
1/2 cup red onion, sliced thin or chopped green onions\*  
1/2 teaspoon crushed dried red pepper flakes  
1-1/2 cups (6 oz.) shredded smoked cheese (Swiss, Cheddar OR Mozzarella)

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#### **DIRECTIONS:**

Preheat oven to 400°F. Place pizza crust on cookie sheet, coat lightly with spray. Spread cream cheese over crust. Add salmon, vegetables, red pepper and cheese. Bake 10-12 minutes until cheese is melted.

\*One cup broccoli florets, microwaved for 1 minute on HIGH, can be substituted for onions.

Makes 4 to 6 servings.

#### **NUTRITIONAL INFORMATION:**

Nutrients per serving: 403.6 calories, 25.4g total fat, 12.5g saturated fat, 57% of calories from fat, 77.7mg cholesterol, 22g protein, 21.9g carbohydrate, 1.1g fiber, 650.3mg sodium, 379.3mg calcium and .9g omega-3 fatty acids.