



# Rainbow Pizza

## Servings

6

## Calories

380

## Prep Time

15 minutes

## Total Time

30 minutes

## Skill Level

Easy

## Ingredients

- 1 bunch Mann's BROCCOLINI® baby broccoli
- 1 (10 ounce) bag Mann's Butternut Squash "Rotini"
- 1 (9 ounce) bag Mann's Shaved Brussels Spouts
- ½ red onion, cut into large dice
- ½ pint cherry tomatoes, halved
- 1 small can of corn, drained
- 12 ounces fresh pizza dough, prepared
- 1 cup red pizza sauce
- 2 cups shredded mozzarella
- 1 tablespoon olive oil
- Salt and pepper, to taste



## The Method

Preheat oven to 450°F.

Bring a pot of salted water to a boil. Blanch the BROCCOLINI® baby broccoli for 30 seconds. Remove to a paper towel and add the Butternut Squash "Rotini" to the same water. Simmer until the squash is just tender, about 4 minutes. Remove to a paper towel.

For the Pizza Dough, we recommend purchasing store prepared pizza crust. On a floured surface, roll the pizza dough out in a rectangular shape to desired thickness. Carefully transfer the dough to a rimless, parchment-lined baking tray. Spread the sauce in a thin layer onto the dough, then add the cheese.



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Create 2-inch rows with each vegetables, to create a rainbow of color: tomatoes, Butternut Squash “Rotini,” corn, BROCCOLINI® baby broccoli, Shaved Brussels Sprouts, and red onions. Drizzle the vegetables lightly with olive oil, and season with salt and pepper to taste.

## Nutrition Facts

Serving Size: 312g | Servings: 6

### Amount Per Serving

Calories 380 | Total Fat 12g (sat fat 4.5g trans fat 0g) | Cholesterol 20mg | Sodium 680mg | Total Carbohydrate 50g | Dietary Fiber 5g | Sugars 9g | Protein 21g | Vitamin D 0% | Calcium 25% | Iron 15% | Potassium 10%