

Spiced Asparagus Pizza

Ingredients

- 1 lb. ready-made pizza dough
- 1/2 pound lightly blanched asparagus spears, chopped
- 4 Tablespoons Olive oil
- 1 clove garlic minced
- 1/4 to 1/2 tsp Live by Heart™ Artisan Spice Blend
- 3/4 cup ricotta cheese
- 1/2 cup grated mozzarella cheese
- 1/2 tsp lemon zest



Directions

Preheat oven to 450 degrees or according to pizza dough package directions. Warm olive oil, garlic, and Spice Blend over low heat to bloom flavors. Pat, pull, and stretch dough over round, rimmed, pizza pan. Spread warm oil over dough. Spread ricotta cheese over pizza, then top with asparagus, lemon zest, and mozzarella. Bake for 20 minutes or until the crust is cooked golden brown and the cheeses are bubbling.

Servings: 4

Nutrition Facts	
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Amount per serving	
Calories	487
	% Daily Value*
Total Fat 21.9g	28%
Saturated Fat 5.6g	28%
Cholesterol 16mg	5%
Sodium 907mg	39%
Total Carbohydrate 59.2g	22%
Dietary Fiber 2.9g	10%
Total Sugars 7.9g	
Protein 16.4g	
Vitamin D 0mcg	0%
Calcium 144mg	11%
Iron 4mg	22%
Potassium 189mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed by **verywell**