

Shrimp Pizza



Cookwell™
Healthy Cooking Oils

Shrimp Pizza

INGREDIENTS

2 Tbsp.	Cookwell Sunflower Oil & Extra Virgin Olive Oil Blend
1 cup	Greek Yogurt
1	Whole Wheat Pizza Crust
1 lb.	Shrimp, peeled, deveined, tails removed
1	White Onion, caramelized
1 cup	Frozen Spinach, thawed squeezed dry
½ cup	Crimini Mushrooms, sliced
3 Tbsp.	Red Pepper, diced
½ tsp.	Salt
¼ cup	Shaved Parmesan Cheese

COOKING INSTRUCTIONS

1. Pre-heat oven to 400 degrees Fahrenheit.
2. Mix oil, Greek yogurt, salt and caramelized onions.
3. Spread yogurt mixture onto pizza crust.
4. Top with vegetables, shrimp and cheese.
5. Bake for 10- 12 minutes, until golden brown and crisp.

Tip: If using a pizza stone, get it hot before using, it will keep your crust crispy.

