

# EASY GRILLED SWEET POTATO PIZZAS

## NUTRITION FACTS

Serving Size: 1/2 of the sweet potato (recipe makes 2 servings)

Calories: 331 | Carbohydrates: 19g | Protein: 10g | Total Fat: 24g | Saturated Fat: 7g | Sodium: 529mg | Fiber: 3g

## INGREDIENTS

- 1 Large sweet potato
- 1/3 cup Pesto (Can use marinara sauce as well.)
- 1/3 cup Mozzarella cheese
- 1 Tbsp Extra virgin olive oil
- Fresh basil (for topping/garnish)
- Sea salt & Black pepper (to taste)

## DIRECTIONS

1. Preheat grill to 375°F.
2. Slice sweet potatoes lengthwise (about 1/4 of an inch thick), rub with olive oil (or spray with olive oil cooking spray) and season with salt and pepper to taste.
3. Lay a piece of aluminum foil onto the grill (or on to a baking sheet if using the oven) and spray with cooking spray.
4. Place sweet potatoes on the aluminum foil and grill for 10 minutes or until grill marks appear. Then, flip.
5. Spread 1/2 Tbsp pesto on the sweet potato slices and sprinkle 1 tbsp mozzarella cheese on top. Grill for an additional 3-5 minutes or until cheese is melted.
6. Remove from grill and top with fresh basil.

## NOTES

**Sodium:** This is not a low sodium food. To decrease sodium levels, look for low sodium pesto, marinara, and/or cheese.

**Toppings:** Add any toppings you would like to make this pizza your own! Examples include broccoli, spinach, bruschetta, olives, tofu, chicken and more! You can also use marinara sauce instead of pesto for a lower calorie and lower fat option.

**Oven:** Recipe can be prepared in an oven. Place sweet potato slices on a baking sheet and bake at 375°F following directions above.





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POTATO  
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