

Eat to Live Well

Recipes for a Healthy Life after Bariatric Surgery



Mango Salsa Pizza

Ingredients:

- 1 cup chopped red or green pepper
- 1/2 cup minced onion
- 1/2 cup mango, seeded, peeled, and chopped
- 1/2 cup pineapple tidbits
- 1 tablespoon lime juice
- 1/2 cup chopped cilantro
- 1 12-inch prepared whole grain pizza crust, can be purchased or made

Directions:

1. Preheat oven to 425 F
2. Lightly coat 12-inch round baking pan with cooking spray
3. Mix together peppers, onion, mango, pineapple, lime juice, and cilantro
4. Place prepared pizza crust in oven for approximately 15 minutes or until light brown
5. Take pizza crust out of oven and top with mango salsa mixture
6. Place pizza back in oven for approximately 10 minutes until toppings are hot and crust is browned
7. Cut pizza into 8 even slices and serve immediately

Serving size: 2 slices

Number of servings: 4

Nutrition Per Serving:

Calories	226.4
Total Fat	3.2 g
Cholesterol	0 mg
Sodium	354.3 mg
Potassium	171.6 mg
Carbohydrate	43.9 g
Fiber	2.4 g
Sugars	9 g
Protein	6.7 g

Submitted By: Employee

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www.charleston.va.gov/services/bariatric