Makes 8 servings. *2-inch slice per serving.*
Prep time: 20 minutes **Cook time:** 1 hour

Nutrition information per serving: Calories 193, Carbohydrate 31 g, Dietary Fiber 3 g, Protein 8 g, Total Fat 5 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 573 mg

Swiss Chard Pinwheel Bread

Discover the rich flavor of Swiss chard or use your favorite kind of greens.

INGREDIENTS

- nonstick cooking spray
- 2½ cups (about 6 ounces) sliced mushrooms
- ¼ cup chopped onion
- 4 cups (about 12 ounces) chopped Swiss chard
- 1 tablespoon water
- ¾ teaspoon garlic powder
- ⅛ teaspoon ground black pepper
- ⅛ teaspoon salt
- 2 tablespoons grated Parmesan cheese
- 1 (10- to 13-ounce) can refrigerated pizza crust dough
- ¾ cup shredded part–skim Mozzarella cheese
- 1½ cups marinara sauce

PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 350°F.
2. Spray a skillet with nonstick cooking spray and heat over medium heat.
3. Add mushrooms and onion and sauté until tender, about 5 minutes.
4. Add Swiss chard and water. Continue cooking until Swiss chard becomes tender, about 8 to 10 minutes (you may need to add another tablespoon or more of water if the Swiss chard sticks to the skillet).
5. Add the garlic powder, ground black pepper, and salt.
6. Remove the skillet from the heat and stir in Parmesan cheese. Set the skillet aside to cool.
7. On a lightly floured board or surface, roll out pizza dough into a 10 x 14-inch rectangle.

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Makes 8 servings. *2-inch slice per serving.*
Prep time: 20 minutes **Cook time:** 1 hour

Nutrition information per serving: Calories 193, Carbohydrate 31 g, Dietary Fiber 3 g, Protein 8 g, Total Fat 5 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 573 mg

Swiss Chard Pinwheel Bread *(continued)*

PREPARATION

8. Spread cooled Swiss chard mixture and Mozzarella cheese on top of dough, leaving about 1-inch of dough around the edges.
9. Starting from the long side, roll up the crust to make one large loaf.
10. Pinch along the seam of the loaf to seal and fold the ends under the loaf.
11. Place the loaf on a baking sheet sprayed with nonstick cooking spray.
12. Bake for 40 minutes or until golden brown.
13. Remove from oven and let cool for 5 minutes.
14. Cut into 8 slices and serve with warmed marinara sauce.

Adapted from recipe courtesy of Cut 'n Clean Greens.