Dinner Tonight!

Pizza Salad

1 can (8 ounces) reduced-sodium tomato sauce
1/2 cup canola oil
1/4 cup white vinegar
1 teaspoon sugar
1 teaspoon dried oregano
1/4 teaspoon garlic powder
1 head romaine lettuce, washed and torn in bite-sized pieces
3/4 cup grated reduced-fat mozzarella cheese
1 cup cherry tomatoes, washed
1/2 cup turkey pepperoni slices, cut in halves (Substitute using cooked ground beef, shredded chicken, or cubes of lean ham)

Optional toppings: bell pepper, ripe olives, mushrooms

Combine tomato sauce, oil, vinegar, sugar, oregano and garlic powder in a container with tight fitting lid. Cover and shake dressing until well-blended. Chill.

In a large bowl, toss lettuce with cheese, tomatoes, and pepperoni. Serve with dressing and optional pizza toppings of choice.

Preparation Time: 30 minutes
Serves: 8
Cost Per Serving: $1.24

Nutrition facts per serving:
Calories: 160
Total Fat: 15 g
Cholesterol: 10 mg
Sodium: 70 mg
Total Carbohydrates: 6 g
Fiber: 1 g
Protein: 6 g

Serve with: Fresh fruit and whole wheat crackers