



## Summer Squash Pizza

### Ingredients

- 1 premade whole wheat flatbread or pizza crust
- 1 cup summer squash, sliced into coins
- 2 TBSP olive oil
- 1/2 cup plain Greek yogurt
- 1/2 cup cottage cheese
- 1/2 tsp salt
- 1 tsp garlic powder
- Black pepper, to taste
- 1/4 cup fresh basil

### Directions:

1. Preheat oven to 450F; On a cutting board, slice summer squash into coins; Roughly chop fresh basil leaves
2. Place the premade pizza crust or flatbread on a baking sheet; Drizzle and spread 1 TBSP olive oil on top
3. Prepare white sauce: In a small bowl, combine cottage cheese, Greek yogurt, salt, and garlic
4. Spread sauce on crust; Top with summer squash and basil; Drizzle 1 TBSP olive oil on top
5. Bake for 8-12 minutes; Allow to cool before cutting and serving; Enjoy!

### Cookware needed:

- Small bowl
- Cutting board
- Baking sheet

Cost: \$ \$

Ease: 

**Health Benefit:** Summer squash is rich in vitamin C to support immunity. Cottage cheese is a great source of calcium and protein for strong bones. Basil is anti-inflammatory and supports heart and liver health.