

# Low-Point Grilled Pizza

Ingredients:

SAUCE -

- 1, 14.5 oz. can diced tomatoes, drained
- 2 Tbs chopped fresh basil
- 1/2 Tbs olive oil
- 1 garlic clove, minced
- 1/4 tsp. salt

PIZZA -

- 1/2 cup plus 2 Tbs very hot water
- 1 Tbs olive oil (plus a little extra for brushing onto dough)
- 1 tsp. Splenda granulated sugar substitute
- 1 1/2 tsp. instant or rapid-rise yeast
- 1 1/4 flour (plus a little extra for rolling dough)
- 2 Tbs grated parmesan cheese
- 1 cup reduced-fat shredded mozzarella cheese, divided

Heat grill on high heat (about 400 degrees)

For sauce: Combine tomatoes, basil, oil, garlic, and salt in a medium bowl. Set aside.

For dough: Whisk water, olive oil, sugar, and yeast in a large liquid measuring cup or bowl. Let sit 5 minutes. Pulse flour, parmesan, and salt in a food processor until combined. With machine running, slowly pour in water mixture and process until dough pulls away from the side and starts to form a ball (about 1 minute). If dough seems too sticky, add 1 Tbs more flour. If dough seems too dry, add 1 to 2 Tbs more water. Place dough on lightly floured work space and knead for about 30 seconds. Divide dough into two equal parts. Taking one of the equal parts, use a rolling pin and roll out the dough shaping it into a pizza round. Place pizza round onto parchment paper and brush top with olive oil. Add another piece of parchment paper on top of pizza round (for the next pizza round you roll out). After rolling out the dough for the second pizza round, place on top of parchment paper (so the 2 pizzas are stacked) and brush the top of the second pizza round with olive oil.

Reduce heat on grill to medium/high heat. Spray grill pan or cooking grate with cooking spray and place on grill. Take one of the pizza rounds and place on grill pan -- oiled side down. Grill 3 to 5 minutes until dough starts to harden (making it easy to flip). Brush top with olive oil and turn over, grilling for 3 to 5 more minutes. Add dice tomato mixture on top of pizza along with 1/2 cup mozzarella cheese. Grill until hot and cheese starts to melt. Remove pizza and repeat the process with the other pizza round. Add more fresh basil on top for added flavor and enjoy! - Bon Appetit!

Total Servings - 8 slices total (for 2 pizzas)

Serving size - 1 slice

Points per serving - 3.3

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"For an extreme makeover, try a faith-lift." - Anonymous***