



### **Pizza Salad**

8 oz fresh mozzarella, diced  
4 oz extra lean ham, diced  
3 oz thin pepperoni slices, quartered  
1 cup grape tomatoes, halved  
1/2 cup fresh mushrooms, sliced  
3/4 cup green bell pepper, diced  
1 (2.25 ounce) can sliced olives, drained  
Small head of leafy lettuce, rinsed and chopped

Toss all ingredients together. Top with low-fat or fat-free Italian dressing (not included in nutrition information). Makes 6 servings.

Nutrition information per serving: 208 calories, 16 grams protein, 9 grams fat, 4 grams carbohydrate, 528 mg sodium.