

Low-Point Tomato-Fennel Pizza

Ingredients:

- 1 Tbs olive oil
- Thinly sliced fennel bulb (however much you'd like on your pizzas)
- fronds from the fennel stalk (looks similar to dill)
- 2 garlic cloves, minced
- 1/2 tsp. oregano
- 1/4 tsp. salt
- 1 tube reduced-fat crescent rolls
- 4 Tbs tomato paste
- 1 large tomato, diced
- 4 Tbs reduced-fat shredded mozzarella cheese or Mexican-four cheese blend shredded cheese

Preheat oven to 375 degrees. Thinly slice most or all of the fennel bulb (about one and a half to two-inch thin strips). Heat olive oil in a skillet over medium-high heat. After the oil is hot, turn heat down to medium and add fennel bulb strips, garlic, salt, and oregano. Sauté for several minutes, until fennel and garlic start to turn a brownish color. Remove from heat. On a baking sheet, unroll crescent rolls and take two triangles, match them up, making one rectangle. Do that for the other triangles. The eight triangles will become four rectangles. Bake dough for five minutes. Remove from oven and add one tablespoon of tomato paste to each of the four little pizzas. Top with diced tomatoes and fennel bulb mixture. Spoon one tablespoon of shredded cheese onto each pizza and place back in the oven. Bake pizza for another 7 to 8 minutes. Remove, top with fennel fronds, and enjoy!

Total servings - 4

Serving size - 1

Points per serving - 6

LOW-POINT TIP: If you leave off the tomato paste, your total points would be 5.7 for one pizza.

LOW-POINT TIP #2: If you leave everything the same except use Arnold Sandwich Thins instead of the crescent rolls, each sandwich-thin pizza would only be 3.2 points. (Heat sandwich thin in oven until cheese has melted.)

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

***"I am not afraid of tomorrow; for I have seen yesterday
and I love today." - William Allen White***