

# Roasted Squash Pizza

There's something about roasted butternut squash that makes everyone smile. Put roasted slices on top of a pizza with plenty of Parmesan and Mozzarella cheese, and it's a sure-fire winner. We're making our version with a creamy white bean alfredo sauce, so it's also packed with protein. But it's so delicious, no one would ever guess!

**30** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR PANTRY

Olive Oil

### 4 MEEZ CONTAINERS

Butternut Squash

Pizza Dough

White Bean Alfredo

Mozzarella & Parmesan

## Make the Meal Your Own

**Take the pizza dough out** of the fridge 15 minutes before you're ready to start cooking.

**Health Snapshot per serving:** 725 Calories, 32g Fat, 66g Carbs, 45g Protein 20 Freestyle Points

**Lightened up snapshot:** 530 Calories, 19g Fat, 13 Freestyle Points using half the cheese.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

## Good to Know

**Health snapshot per serving** – 705 Calories, 33g Protein, 34g Fat, 68g carbs, 20 Freestyle Points.

**Lightened up snapshot** (½ cheese, ½ pesto cream) 530 Calories, 68g Carbs, 21g Fat, 21g Protein, 14 Freestyle Points

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Pizza Dough, Butternut Squash, Great Northern Beans, Mozzarella, Parmesan, Garlic, Half and Half, Parsley, Black Pepper.

*meez* meals

### 1. Getting Organized

Preheat your oven to 425 and take the pizza dough out of the fridge.

### 2. Roast the Squash

Toss the **Butternut Squash** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast until lightly browned and tender, about 7 to 10 minutes. Remove from the baking sheet and set aside.

### 3. Make the Pizza

While the squash is roasting, sprinkle your counter with a little flour and stretch the **Pizza Dough** into shape. The size and thickness are up to you, we target about 5" wide by 7" long, but you can make yours however you like.

Transfer the dough to the now empty baking sheet and spread the **White Bean Alfredo** on the dough and then top with ¼ of the **Mozzarella & Parmesan** and the roasted squash. Top with the remaining cheese and bake until the crust is brown, and the cheese is melted, about 15 minutes. Let cool for 5 minutes, serve and enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**