



Smoked Salmon Pizza healthy bites recipe

Ingredients:

- 1 pound loaf French bread
 - 4 ounces fresh mozzarella cheese
 - 6 ounces smoked salmon
 - 2 tablespoons capers (optional)
 - 2 tablespoons chopped fresh dill
- Optional: Crushed red pepper flakes



Directions:

- Set oven controls to 450 degrees. Slice the bread in half lengthwise and place cut side up on a baking sheet. Dice the cheese and spread evenly on the bread. Arrange the salmon, capers, and dill on top. Bake for 10 minutes or until the cheese is melted. Remove from the oven and cut into 4 servings. Sprinkle with crushed red pepper, if using.

Calories 370; Calories from fat 90; Total fat 10g; Saturated fat 5g; Cholesterol 30mg; Sodium 1570mg; Carbohydrate 46g; Dietary fiber 3g; Sugars 2g; Protein 21g

Time to table: 18 minutes

Serves 4