

Irish Pizza & Horseradish Slaw

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A quick and low-cal St. Patty's Day meal!

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Pizza

<i>Ingredients</i>	<i>Calories</i>
1 C Onions, chopped (fresh or frozen)	60
1 C Diced Potatoes, frozen	100
1/8 t Ea.: Thyme, Crushed Cloves & Pepper	2
1/4 t Salt & 1/4 t + 1/8 t Garlic Powder	3
1 Package Buddig Corned Beef	120
Pillsbury French White Bread Dough	750
1 C Light Shredded Mozzarella	280
1/2 C Fat Free Shredded Mozzarella	68
1/2 C Raisins	240
1 T Dried Parsley Flakes	6
1/3 C Light Shredded Mozzarella	93
Cooking & Refrigerated Butter Sprays	0
Total Calories	1722
Total Servings	8
Total Cal./Srvg	215

Directions
 Microwave onions w/ 2 T water on Med. High for 2 minutes. Stir, add potatoes, all spices except parsley & blend well. Cook 3 minutes more on High, stir & set aside. Spray a jelly roll pan with cooking spray and form bread dough to pan and up sides. Prick dough and spritz with refrigerated butter spray. Sprinkle raisins evenly across dough, leaving about a 1/4" border around. Combine 1 and 1/2 cup measures of mozza, then spread 3/4 C of cheese over dough. Unfold the Corned Beef into one large square and cut the stack into 4 square stacks. Begin layering pieces six across and four down. Repeat. Sprinkle remaining 3/4 C of mozza over the beef. Spoon onion mixture evenly across top, sprinkle Parsley over potatoes and finish with remaining 1/3 cup of mozza. Spritz exposed dough with refrigerated butter spray. Bake at 450° for 2 minutes. Lower oven to 425° and bake for 10 minutes more. Cool slightly before slicing & serve immediately.

Slaw

<i>Ingredients</i>	<i>Calories</i>
1/4 t Salt & 1/8 t Pepper	0
1/2 t Celery Seed	4
1 T Woeber's Prepared Horseradish	19
1 T Vinegar & 2 T Water	0
1/2 C Miracle Whip Light	240
3 C Fresh Cabbage, chopped	66
1 C Shredded Carrots, match stick style	32
1 C Scallions, chopped	32
Total Calories	389
Total 1/2 C Servings	8
Total Cal. / Srvg.	53

Directions

Combine first 6 ingredients and blend well. (Makes 3/4 C dressing.) Chop vegetables and combine with dressing, chill until ready to serve.

Calorie Comparison

Traditional St. Patrick's Day Meal

6 oz. Corned Beef Brisket	420
1/4 Head Boiled Cabbage	57
1 C Boiled Potatoes, no skin	134
Home made Horseradish Sauce (2 T)	125
2, 16 th Slices Irish Soda Bread	409
3 Pats Butter (1 T)	100

Total Calories per Plate 1245

Reduced Calorie Recipes

2 Slices Irish Pizza	430
1 C Horseradish Slaw	106

Total Calories per Plate 536

57% less calories per plate!

Shopping List for Irish Pizza & Horseradish Slaw

Produce

1 White Onion (* Time saver)
1 Head Cabbage or 1 Bag Shredded Slaw
1 Pkg. Shredded Matchstick Carrots
1 Bunch Scallions

Deli

1 Pkg. Buddig Corned Beef

Spices

Celery Seed, Cloves, Garlic Powder, Parsley Flakes & Thyme

Oils & Dressings

Vinegar
Small Jar Miracle Whip Light
Woeber's Prepared Horseradish
Butter flavored Cooking Spray

Fruits

Small Container Raisins

Dairy Case

Pillsbury French White Bread Dough
2 C Pkg. Light Shredded Mozzarella
Small Pkg. Fat Free Shredded Mozzarella
Zero Calorie Butter Flavored Pump Spray

Frozen

1 Bag Unflavored Diced Hash Browns
* (1 Bag Frozen Diced Onions)

Notes:

*Freshly sliced & chopped Cabbage works better with less chilling time
Woeber's Horseradish is only 19 cal./T. compared to other brands at 60 cal./T.
Fat Free Shredded Mozzarella is available at Jewel. (Not available at Dominick's.)*