

# Scallop and Cilantro Pizza with Mozzarella



## Ingredients:

4 thin pizza crusts  
1 tbsp (15 mL) melted **butter**  
1 tbsp (15 mL) lemon juice  
1 tsp (5 mL) lemon zest  
4 slices bacon, cooked and slivered  
2/3 lb (300 g) bay scallops  
1/3 cup (80 mL) finely sliced red onion  
1/3 cup (80 mL) diced red pepper  
1/2 cup (125 mL) chopped fresh cilantro  
Salt and freshly ground pepper  
1/2 lb (250 g) **Canadian Mozzarella**, shredded



**4 servings**

**SERVINGS**



**15 minutes**

**PREPARATION  
TIME**



**5 to 8 minutes**

**COOKING  
TIME**

## Preparation:

Preheat oven to 450°F (230°C).

Mix melted butter with lemon juice and zest and brush on pizza crusts.

Spread toppings on crusts then sprinkle with cheese. Salt and pepper to taste.

Bake pizzas on middle rack of oven for 5 to 8 minutes or until crusts and cheese are golden.

Serve with a carrot and almond salad drizzled with balsamic vinaigrette.

## Side dish suggestions:

### Suggested Wine:

#### Canadian Blue Mountain Pinot Blanc

The lively citrus and tropical fruit character matches the lemon and cilantro flavours. This medium-bodied wine highlights the delicate taste of the scallops.

### Alternate suggestions:

**White:** French Alsace Pinot Blanc, Canadian or New Zealand Dry Riesling

**Red:** Canadian Gamay, French Beaujolais

## Tips:

Pizzas can be prepared ahead of time and enjoyed later. They can be frozen prior to baking if the scallops are fresh.

## Nutritional information:

### Per serving:

**Energy:** 499 kcal / 2089 kJ

**Protein:** 35 g

**Carbohydrates:** 41 g

**Fibre:** 5.1 g

**Fat:** 23 g

**Sodium:** 970 mg

Here are the top 5 nutrients provided by a serving of this recipe.

<b>Nutrient</b>	<b>% DV*</b>
<b>Calcium:</b>	43% / 474 mg
<b>Vitamin B12:</b>	87%
<b>Phosphorus:</b>	53%

**Magnesium:** 42%  
**Zinc:** 39%

\* Note: The daily value (DV) is established by Health Canada and corresponds to the daily quantity recommended for each nutrient. The percentage of the daily value (% DV) indicates the proportion of the nutrient provided by the recipe, in comparison with the quantity recommended.

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**You've got choice:**

For a change of taste, try with Canadian Swiss, Gouda, Cheddar, or Provolone, etc.

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