

## Amy's Single-Serving Pizzas - Roasted Vegetable (Vegan, Soy-Free)

By VeggieGirl - I absolutely love cooking &ndash; there is just something about creating and preparing a meal using fresh ingredients that gives me a thrill. However, there are some occasions when I like having a short prep time for a meal, and that is where Amy's frozen meals come into the picture. Not only are the meals quick and easy to heat up in the microwave or toaster oven, but they are made with all natural and organic ingredients, and accommodate a wide range of food allergies and dietary restrictions (such as gluten-free, soy-free, low fat, lactose-free, and vegan).

I have always wanted to try the Amy's Roasted Vegetable Pizza, but I never purchased it because of its large, multi-serving size (which is rather inconvenient when cooking/preparing a meal for one person). When Amy's introduced their new line of single-serving size pizzas early this year, I practically jumped for joy &ndash; especially when I saw the single-serving size of the Roasted Vegetable Pizza in the freezer case at my local Whole Foods. Without a moment of hesitation, I grabbed the single-serving pizza from the freezer case and quickly placed it in my shopping cart, before anyone else could get his or her hands on the goods (ha).

When I took the pizza out of the box, it looked pretty similar to the picture on the box &ndash; it was LOADED with roasted red peppers, mushrooms, sweet onions and marinated artichoke hearts. While the pizza was cooking up in my toaster oven (takes about 7 minutes to cook), I decided that the pizza looked a little &ldquo;naked&rdquo; to me, despite the numerous veggies that I mentioned above. So, I decided to quickly cook up some Lightlife tempeh fakin's; bacon strips (wonderful, tasty protein source for vegans &ndash; I highly recommend this product!) and some broccoli florets. This way, I was able to not only add extra flavor and more color to the pizza's presentation, but extra protein, fiber, and other nutrients as well (I guess I just love cooking too much to get away from the stove, even when preparing a frozen meal; what can I say?). Once the pizza was done, I garnished it with the tempeh &ldquo;bacon&rdquo; and the broccoli (as shown in one of the pictures that I took). The aroma of the pizza was simply divine &ndash; I could not WAIT to take a bite!

Everything from the crisp (yet slightly chewy) crust to the sweet and savory vegetables and olive oil-based sauce was delicious &ndash; I also enjoyed the nice contrast and added color that the smoky tempeh &ldquo;bacon&rdquo; and fresh broccoli contributed to this sweet and savory-tasting pizza. I found that the single-serving size was not only extremely convenient, but sufficient for lunch as well &ndash; I was completely satisfied after eating this pizza.

One pizza is 175 grams and has 410 calories, 14 grams of fat (2 grams of saturated fat), 11 grams of protein, 780 milligrams of sodium, 62 grams of carbohydrates, 10 grams of sugar, and 5 grams of fiber. Although the sodium and fat content are a bit high, it is important to note that frozen foods should be enjoyed in moderation &ndash; certainly not for every meal. In addition, this pizza is a source of a few vital nutrients, containing 15% of the RDA for iron, 25% for Vitamin C, but only 4% for calcium, and 8% for Vitamin A.

Overall, I thoroughly enjoyed Amy's Single-Serving Roasted Vegetable pizza &ndash; no longer is it impossible to find a vegan pizza that takes just minutes to prepare (and that serves one person!). Even without the other toppings that I added for flavor, extra nutrition, and presentation, this pizza can certainly satisfy even the most discerning palates &ndash; even those who think that pizza simply cannot exist without cheese (give it a try &ndash; you may be pleasantly surprised at how delicious pizza can be without the dairy). I purchased this pizza at Whole Foods for \$4.49 &ndash; well worth the price, considering the wholesome, all natural and organic ingredients that are used, and its great taste.