

**Best
of the
Worst**

Pizza! Take your slice from naughty to nice. A piece of pizza can have about 475 calories and 27 grams of fat. Our swaps cut that by more than half and pile on good-for-you extras. By Stephanie Clarke, R.D., and Willow Jarosh, R.D.



Any way you slice it, this pizza is a winner: It's tasty and healthful.

MAKE IT

Get creative in the kitchen and...
Save 253 calories

Butternut Squash, Spinach and Goat Cheese Pizza

Makes 8 slices

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| 2 cups cubed butternut squash (½-inch pieces) | ¼ cup all-purpose flour |
| 1 tbsp plus 1 tsp olive oil, divided | 1 ball (16 oz) store-bought whole-wheat pizza dough, at room temperature |
| ¼ tsp salt, divided | 2 cups chopped fresh baby spinach |
| ¼ tsp freshly ground black pepper, divided | 4 oz crumbled goat cheese |
| 1 medium red onion, halved and thinly sliced | ½ tsp dried thyme |
| | 2 tbsp cornmeal |

Heat oven to 400°. Heat pizza stone on bottom rack (or use an inverted 11" x 16" cookie sheet, not heated). Toss squash with 1 tsp oil, ¼ tsp salt and ¼ tsp pepper. On a baking sheet, cook squash until soft and lightly browned, 25 minutes, stirring halfway through; set aside. In a large skillet over medium-high heat, heat remaining 1 tbsp oil. Cook onion (season with remaining ¼ tsp salt and ¼ tsp pepper), stirring, until light brown, 10 minutes. Add 2 tbsp water; cook, stirring, until brown, 5 minutes. Remove from heat. Turn oven up to 450°. Sprinkle flour on a flat surface. Press dough into a 15-inch circle or 10" x 16" rectangle. Top with squash, onion, spinach, cheese and thyme. Dust stone or inverted sheet with cornmeal; place pizza on it. Bake until crust is crispy and cheese melts, 10 to 12 minutes.

THE DISH 222 calories per slice, 9 g fat (3 g saturated), 32 g carbs, 5 g fiber, 8 g protein

TAKE IT

Go for frozen and...
Save 350 calories



Kashi Stone-Fired Thin Crust Pizza Mushroom Trio & Spinach A sixth of the pie (about the size of a takeout slice) has 125 calories and 4.5 g fat, so you nix 22.5 g fat. Plus, a serving (one third of the pie) fits our other frozen pizza healthy specs: no more than 5 g saturated fat or 700 mg sodium.

TAKE IT

Dial for delivery and...
Save 275 calories

Domino's Pizza 14" Thin Crust

Get a pizza this: You can have takeout on a diet. Skip the extra cheese and greasy meat toppings (pepperoni, we're looking at you!), and opt for a slice with peppers, onions and mushrooms, for only 200 calories. In fact, have two!



click! WHAT'S YOUR (GUILTY) PLEASURE? Vote for our next Best of the Worst makeover at Self.com/go/vote.

CLOCKWISE FROM TOP: RAYMOND HOM; FOOD STYLING, VIVIAN LUI; PROP STYLING, TARA MARINO; JOSEPHINE SCHIELE; COURTESY OF KASHI.