Alaska Surimi Seafood, Spinach & Artichoke Flat Bread
Bake with Jalapeños

Prep time: 10 minutes  Cook time: 20 minutes  Servings: 4

1 prepared pizza crust (Boboli-style, 12-inch)
1-1/2 cups prepared spinach-artichoke-parmesan dip
1/3 cup chopped red onion
1 package (8 oz.) Alaska Surimi Seafood (Imitation Crab)
1/2 cup sliced pickled jalapeños, drained
2 cups shredded four-cheese or Italian-style cheese blend

Preheat oven to 450°F.

Place pizza crust on a baking sheet. Spread spinach dip on crust to 3/4-inch from edge. Scatter with red onion, Alaska Surimi Seafood, jalapeños and cheese blend. Bake about 18 to 20 minutes, or until cheese is bubbly. Remove from oven, cut and serve.

Cook’s Tip: For a crisper crust, place pizza directly on oven rack to bake. For easy clean up, put a baking sheet on lower rack to catch any drips.

Nutrients per serving: 606 calories, 27g total fat, 13g saturated fat, 40% calories from fat, 79mg cholesterol, 32g protein, 60g carbohydrate, 4g fiber, 1481mg sodium, 294mg calcium, and 230mg omega-3 fatty acids.