

# Pizza Pigs with Tomato Dip

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1 pound sweet Italian sausage links  
1 box (13.8 ounce) refrigerated pizza  
crust

## TOMATO DIP

1/2 onion, diced  
2 cloves garlic, minced  
2 tablespoons olive oil  
1 jar (16 ounce) marinara sauce  
salt  
pepper  
1/4 cup fresh basil, minced

Preheat the oven to 400 degrees.

Line two baking sheets with parchment paper.

In a skillet over medium heat, cook the sausage links until done, about 10 minutes. Let cool slightly. Slice each link into 1-1/2- to 2-inch pieces.

Unroll the pizza crust and press into a 1/2-inch-thick rectangle. Cut into 1x4-inch strips. Wrap the dough strips around the sausage pieces. Place the pigs on the baking sheets.

Bake until golden, around 10 minutes.

Meanwhile, make the dip: In a deep skillet over medium heat, saute' the onion and garlic in the olive oil for 3 minutes. Add the marinara sauce. Season with salt and pepper. Simmer for 5 to 8 minutes. Stir in the basil.

Serve the pigs with the warm dip.

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Per Serving (excluding unknown items): 414 Calories; 32g Fat (69.1% calories from fat); 5g Protein; 28g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 1033mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Vegetable; 6 1/2 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	414	Vitamin B6 (mg):	.4mg
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**% Calories from Fat:** 69.1%  
**% Calories from Carbohydrates:** 26.3%  
**% Calories from Protein:** 4.6%  
**Total Fat (g):** 32g  
**Saturated Fat (g):** 4g  
**Monounsaturated Fat (g):** 22g  
**Polyunsaturated Fat (g):** 4g  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 28g  
**Dietary Fiber (g):** 6g  
**Protein (g):** 5g  
**Sodium (mg):** 1033mg  
**Potassium (mg):** 897mg  
**Calcium (mg):** 93mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 27mg  
**Vitamin A (i.u.):** 1347IU  
**Vitamin A (r.e.):** 136RE

**Vitamin B12 (mcg):** 0mcg  
**Thiamin B1 (mg):** .1mg  
**Riboflavin B2 (mg):** .1mg  
**Folacin (mcg):** 42mcg  
**Niacin (mg):** 3mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 0.0%

### Food Exchanges

**Grain (Starch):** 1 1/2  
**Lean Meat:** 0  
**Vegetable:** 1 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 6 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 414 Calories from Fat: 286

### % Daily Values\*

<b>Total Fat</b>	32g	50%
Saturated Fat	4g	22%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1033mg	43%
<b>Total Carbohydrates</b>	28g	9%
Dietary Fiber	6g	22%
<b>Protein</b>	5g	
<b>Vitamin A</b>		27%
<b>Vitamin C</b>		45%
<b>Calcium</b>		9%
<b>Iron</b>		14%

\* Percent Daily Values are based on a 2000 calorie diet.