

Healthy Recipe: Artichoke, Arugula & Olive Pizza

Be bold and experiment—it will still be delicious!

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There's really nothing better than creamy, fresh mozzarella on pizza. It complements just about any ingredient, but it works especially well with salty artichokes and black olives. We suggest topping the pizza with arugula after baking to give it a refreshing raw crunch.

20 minutes prep

6 servings

16 ingredients

Ingredients

1 premade whole-wheat pizza dough

Panko or cornmeal, for sprinkling

1 recipe Quick Tomato Sauce (see below)

1 cup canned [artichoke](#) hearts, drained, patted dry and halved

1/4 cup pitted black olives, sliced

1/4 cup capers, drained

1 (8-ounce) ball of fresh mozzarella cheese, diced

3 cups arugula

2 tablespoons [olive oil](#)

Salt and pepper, to taste

For the Quick Tomato Sauce:

2 tablespoons [olive oil](#)

1 1/2 pounds ripe plum tomatoes (about 6-8) coarsely chopped

1 to 2 cloves [garlic](#), smashed and thinly sliced lengthwise

1 small dried red pepper, seeds removed (optional)

1/2 teaspoon salt or to taste

1 tablespoons freshly grated Parmesan cheese (optional)

Directions

1. Preheat the oven to 500 degrees. Put two baking trays in the oven or pizza stone if you have one. Prepare the tomato sauce as outlined [here](#).
2. Sprinkle panko or cornmeal onto a large sheet of parchment paper. Roll out the dough onto the parchment paper; press out the dough into a 12-by-8-inch rectangle or to fit your pizza stone. Split the dough into two balls if necessary.
3. Spread the tomato sauce evenly onto the dough. Top with artichokes, olives, and capers, and then top evenly with cheese.
4. Using the parchment paper, slip the pizza onto the heated baking tray or pizza stone. Bake in the oven on the lowest rack for 10 to 15 minutes, or until the crust is golden and the cheese is bubbling.
5. Meanwhile, in a medium bowl, toss together arugula, olive oil, salt, and pepper. Set the bowl aside.
6. Using the parchment paper, slip the finished pizza onto a cutting board. Top with arugula and cut into slices. Serve.

Nutrition Facts (per serving):

Calories: 368; fat: 21 g; saturated fat: 8 g; polyunsaturated fat: 2 g; monounsaturated fat: 10 g; carbohydrates: 32 g; sugar: 5 g; fiber: 6 g; protein: 15 g; sodium: 744 mg

Chef Tips

Pre-rolled and prebaked crusts from your local market make for a quick pizza fix when you are in a hurry, or you can buy raw pizza dough from your favorite pizzeria or bakery to roll out yourself. Just ask them for it.

Pizza toppings are good on many things, from pita breads to bagels. You don't need a pizza crust to make great pizza. Be bold and experiment—it will still be delicious!

Registered Dietitian Approved

Our recipes, articles, videos, and more content are reviewed by our Registered Dietitian Kate Ueland, MS, RD, CSO, a board-certified specialist in oncology nutrition, to ensure that each is backed with scientific evidence and follows the guidelines set by the [Oncology Nutrition for](#)

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