



Give Them More  
of the  
Good Stuff!

## Make It at Home

### 1. Crust

For an **extra-quick crust**: use French bread, tortillas, pita or flat bread, English muffins or pre-baked crusts.

For a **dough crust**:

- Buy it pre-made—look in the grocery refrigerated case for dough in a bag or can. Check the “use by” date for best results.
- Buy a dry mix—it will keep longer. Check the “use by” date for best results.
- Make your own—yeast or no yeast. This might cost the least! Most recipes use simple ingredients you may already have at home.

**Shape the dough:**

- Roll or press the dough into a flat shape. The more even it is in thickness, the more evenly it will bake.
- Any shape will do! Try a heart or other fun shapes.
- Make small individual shapes so each person can choose their own toppings.

Look for  
whole-grain  
crusts.

## Pizza Basics

Go heavy on veggies and fruit  
for color and added health benefits.



### 2. Sauce

- Tomato-based sauces add a vegetable. They may be lower in calories, added sugars and salt than other options.
- Use a purchased sauce or make your own, or use sliced tomatoes.

### 3. Toppings

- **Veggies and fruit** – choose fresh, cooked, canned or dried.
- **Cheese** – grate the cheese and sprinkle lightly. Try low-fat cheeses like part-skim mozzarella.
- **Protein** (optional) – spread it out and keep it lean.

### Buy It Prepared

- Watch for sale pricing and coupons.
- Compare refrigerated and frozen options.
- Try store brands. They may be cheaper than national brands.
- Compare the nutrition facts, especially calories per serving.

- Add extra fruits and veggies of your choice.



# Homemade Pizza

## No-Yeast Pizza Crust

### Ingredients:

- 1 1/3 cups all-purpose **flour**, try half whole wheat
- 1 teaspoon **baking powder**
- 1/2 teaspoon **salt**
- 1/2 cup nonfat or 1% **milk**
- 2 Tablespoons **oil**

### Directions:

1. Mix flour, baking powder and salt in a bowl. Stir in milk and oil until a soft dough forms.
2. Turn dough onto a clean, lightly floured surface and knead 6 to 8 times. Dough should feel soft but smooth; not sticky. Shape dough into a ball. Turn the bowl upside down over the dough. Let sit for 10 minutes.
3. On a baking sheet, roll or press dough into a 12-inch circle.
4. Bake crust at 400 degrees F for 8 minutes.
5. Remove from oven and add your choice of sauce and toppings.
6. Return to oven and bake until light golden brown, 12 to 20 minutes. Serve hot.
7. Refrigerate leftovers within 2 hours.

**Makes** one 12-inch circle

**Prep time:** 15 minutes

**Cook time:** 20 to 30 minutes

Go to  
[FoodHero.org](http://FoodHero.org)  
for more easy,  
tasty pizza  
recipes

## Quick No-Cook Pizza Sauce

### Ingredients:

- 1 can (8 ounces) **tomato sauce**
- 1 can (6 ounces) **tomato paste**
- 1 teaspoon dried **oregano**
- 1 teaspoon dried **basil**
- 1/2 teaspoon **garlic powder**
- 1 **carrot**, finely grated

### Directions:

1. Mix all ingredients together in a bowl.
2. Spread on pizza dough, bread, English muffins or other pizza base.
3. Refrigerate leftovers within 2 hours. Use sauce within 5 days for best quality. Freeze to store longer.

**Makes** enough for four 12-inch crusts

**Prep time:** 5 minutes

## Top it with fruits and veggies!

Chop, slice or grate:

<b>Apples</b>	<b>Onions</b>
<b>Bell peppers</b>	<b>Pears</b>
<b>Carrots</b>	<b>Pineapple</b>
<b>Chilies</b>	<b>Roasted veggies</b>
<b>Garlic</b>	<b>Spinach</b>
<b>Green onions</b>	<b>Tomatoes</b>
<b>Leeks</b>	<b>Zucchini</b>
<b>Mushrooms</b>	
<b>Olives</b>	



**Kids Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- roll or pat dough into shapes with a rolling pin or clean hands.
- grate cheese or slice veggies and fruit.
- spread the sauce with the back of a spoon.
- choose and arrange the toppings.