

Homemade Pizza

SUMMER NUTRITION CLUB FAMILY COOKING CLASS

Make Your Own Pizza Crust!

Makes 1 Medium Pizza or 8 Servings

Ingredients

- 2 cups flour (whole wheat, all-purpose, or a mix of both)
- 1 tablespoon active dry yeast
- ¼ teaspoon salt
- 1 tablespoon sugar
- ⅔ cup lukewarm water

Directions

1. Preheat your oven to 375°F. Grease a pizza pan/baking sheet or pizza stone.
2. Mix one cup of flour with yeast, salt, sugar, and water in a medium bowl. Gradually add in the second cup of flour, mixing with your hands, until a ball of dough forms.
3. Knead the dough for 2-3 minutes until smooth and elastic. Place back in bowl, cover with a cloth or towel, and allow dough to rise for 10-15 minutes.
4. While the dough rises, prepare all of your toppings, cooking meat(s), if needed.
5. On a floured surface, roll out dough into a large, thin circle or rectangle. Place dough on prepared baking sheet or pizza stone.
6. Top your pizza dough as desired, and bake until cheese is melted and dough is cooked through - about 15 minutes on a baking sheet or 18 minutes on a pizza stone.



Recipe modified from: <https://www.osfhealthcare.org/recipes/detail/284/>

Ultimate Garden Veggie Pizza Toppings

Mix and match the toppings you like!

No Pizza Sauce? No Problem!

Add dried herbs like basil, oregano, or Italian seasoning to canned tomato sauce or use marinara or pasta sauce instead! See back of page for more ideas!



shredded cheese
1 1/2 cups



pizza sauce
1/2 cup



onions
1/4 cup, diced



bell peppers
1/4 cup, diced



garlic
1-2 cloves, minced



squash
1/3 cup, sliced



mushrooms
2-3 small, sliced



fresh herbs
1/4 cup packed leaves

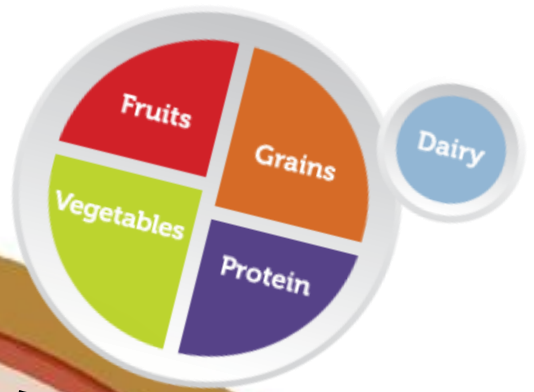


tomato
1 small-medium, sliced



olives
2 tablespoons, sliced

Try a whole wheat pizza crust, or build your pizza on a whole wheat English muffin, tortilla, or bagel!



MyPlate

Build Your Own Pizza

GRAINS

- Pizza Crust
- English Muffin
- Cauliflower Crust
- Tortilla
- Bagel
- Pita

Sauce + Spices

- Tomato Sauce
- Pesto
- Hummus
- BBQ Sauce
- Salt & Pepper
- Rosemary
- Oregano
- Parsley
- Garlic
- Chives
- Basil
- Thyme

PROTEIN

- Chicken
- Ham
- Turkey
- Ground Beef
- Steak
- Shrimp
- Turkey Pepperoni
- Eggs
- Sausage
- Beans
- Mozzarella
- Cheddar
- Goat Cheese
- Monterey Jack
- Parmesan

DAIRY

FRUITS

- Tomatoes
- Spinach
- Olives
- Mushrooms
- Pineapple
- Artichoke Hearts
- Broccoli
- Kale
- Eggplant
- Avocado
- Cauliflower
- Peppers

VEGGIES



Can you find the fruits on this list? What other fruits could you add to your pizza or eat on the side?

You can never have too many vegetables on your pizza! What are your favorite veggie toppings?

Which animal does cheese come from? Hint: it moooooos!

