

Eat Smart • Move More

Vegetable Pizza

Prep Time: 5 minutes

Total Time: 60 minutes



Ingredients

- 1 cup all-purpose flour
- 1 teaspoon sugar
- ¼ teaspoon salt
- ¼ ounce quick-rise yeast
- ⅔ cup hot water
- 1 cup whole-wheat flour
- 1 tablespoon olive oil
- Nonstick cooking spray
- 8 ounces canned no salt added tomato sauce
- ¼ teaspoon ground basil
- ¼ teaspoon ground black pepper
- ¼ teaspoon ground oregano
- ⅛ teaspoon garlic powder
- ¼ head broccoli, chopped
- 1 ½ carrots, shredded
- ½ bell pepper, chopped
- ½ onion, chopped
- 1 cup part-skim mozzarella cheese, shredded

Directions

- To make the dough, sift together the all-purpose flour, sugar, and salt in a mixing bowl. Blend yeast with flour mixture. Add hot water and stir to form dough. Add whole-wheat flour to create a sticky ball of dough.
- On a floured surface, knead the dough until smooth and elastic, about 5 minutes. Cover the ball of dough in oil. Place in a bowl and cover, allowing dough to double in size, about 10-15 minutes.
- Heat oven to 400°F. Spray a pizza pan with nonstick cooking spray.
- While dough is rising, combine tomato sauce, basil, black pepper, oregano, and garlic powder to make the pizza sauce.
- Roll dough and place on the pizza pan. Spread pizza sauce onto the dough. Top with chopped vegetables. Sprinkle with cheese.
- Bake for 20-25 minutes or until crust is golden brown.

(Recipe adapted from: <https://www.tasteofhome.com>.)

Nutrition Facts

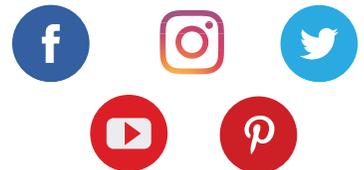
8 servings per container	
Serving size	1 serving (132.08g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 180mg	8%
Total Carbohydrate 29g	11%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 1g of Added Sugars	2%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 131mg	10%
Iron 2mg	8%
Potassium 274mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Different vegetable pizza toppings include tomatoes, beans, spinach, zucchini, or mushrooms.
- ▶ Green peppers generally cost less than sweet peppers. Sweet peppers include: red, orange, and yellow bell peppers.

Follow us | Like us



www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)



Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.