



NUTRITION FOR BETTER HEALTH

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EASY PIZZA

- You need:**
- *1 can refrigerated pizza dough (or 1-lb fresh pizza dough from bakery, or 6 split bolillos or sandwich rolls)
 - * 1- small can Italian-flavored tomato paste
 - * 12-slices turkey pepperoni (finely shredded)
 - *1-clove garlic, finely minced
 - *8-oz low-fat shredded mozzarella
 - * ½ cup sliced bell peppers, tomatoes, olives, mushrooms
(whatever veggies you like)
 - *1 o 2 teaspoons dry oregano

- To do:**
1. Scatter ¼ cup cornmeal over a pizza pan or cooky sheet; roll out the dough and fit it onto the pan.
 2. Spread a thin layer of tomato paste evenly over the dough.
 3. Sprinkle on ½ the grated mozzarella, then the orégano, the pepperoni, the bell peppers, the olives, the mushrooms and whatever else you like, then finish with the rest of the mozzarella.
 4. Bake pizza in a hot (425) F for 20-25 minutes, until done.
 5. Serve pizza garnished with dry oregano, minced fresh garlic, & dry chile flakes.
 6. Enjoy! 😊

To make Bread Pizza, split bolillos or sandwich rolls lengthwise, place on pan, toast lightly and then continue from step #1, above. Bake only till cheese is bubbly, and serve.

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