



A Nutrition Resource

QUICK AND EASY PIZZA

Yield: 4 Servings | Serving Size: 1/4 of pizza

Cost/Serving: \$0.51

Ingredients:

- 2 cups all-purpose flour, divided in half*
- 1 Tablespoon instant yeast
- 1 Tablespoon sugar
- 2/3 cup and 2 Tablespoons warm water (100°F to 115°F)
- Nonstick cooking spray
- 1 cup marinara sauce
- 6 ounces (1 1/2 cups) shredded mozzarella cheese
- Toppings of your choice

Directions:

- 1) Preheat oven to 375°F.
- 2) Collect, shred, and measure all ingredients before starting to prepare the recipe.
- 3) In a medium bowl, mix 1 cup flour, yeast, sugar, and water with a spoon.
- 4) Gradually stir in the other cup of flour until the mixture forms a ball.
- 5) Dust a cutting board or clean countertop surface with flour. Put the ball of dough on the surface, then use your clean hands to knead the dough for about 5 minutes.
- 6) Spray a bowl with nonstick cooking spray. Put the dough in the bowl and cover it with a clean dish towel. Put the bowl on the oven while it is preheating (but not on a burner that is turned on), and let it sit for 10 to 15 minutes (preheating the oven will cause the stove top to be slightly warm and will help the dough rise).
- 7) Spray a 12 x 16-inch baking sheet with nonstick cooking spray. Spread the dough into an even layer on the baking sheet. For a thicker crust, use a smaller baking sheet.

Nutrition Facts

4 servings per container

Serving size 1 Serving (202g)

Amount Per Serving

Calories 380

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	9%
Sodium 280mg	12%
Total Carbohydrate 56g	20%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Protein 18g	36%
Vitamin D 0mcg	0%
Calcium 353mg	25%
Iron 3mg	15%
Potassium 239mg	6%

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



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- 8) Add a thin layer of marinara sauce, leaving a 1/2-inch crust on all edges.
- 9) Add the shredded cheese and pizza toppings. Be careful not to put too many toppings on the pizza or it will be soggy.
- 10) Bake for approximately 15 minutes until the crust is brown and the cheese melts and is slightly browned in spots.
- 11) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

***Make it whole grain!** To make whole grain pizza crust, substitute 1 cup of 100% whole wheat flour for 1 cup of the all-purpose flour. Increase the water to 1 cup and increase the baking time to 20 minutes.

This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active program.

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