

PIZZA DISHES

Whole Wheat Pita Pizza



Ingredients:

- * 4 whole wheat pitas, small
- * 2 chicken breasts
- * 8 oz tomato sauce, no salt added
- * 1 cup spinach leaves, chopped
- * ¼ cup mozzarella cheese, reduced fat, shredded

Directions:

Makes 4 servings.

Preheat oven to 375 °F and bake chicken for 35 minutes or until cooked. Let cool, dice or slice into thin strips. Spread tomato sauce onto pita, then add chicken slices, spinach and finish with shredded mozzarella cheese. Place under broiler until cheese is melts, bubbles and browns.

Nutrition Facts

Serving Size 1
Calories 361

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 5g	8%	Total Carbohydrate 19g	6%
Saturated Fat 1g	5%	Dietary Fiber 3g	12%
Trans Fat 0g		Sugars 2g	
Cholesterol 135mg	45%	Protein 57g	114%
Sodium 331mg	14%		
Vitamin A 24%	• Niacin 123%	Vitamin B6 68%	• Pantothenic Acid 22%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Serve with options: Cut up vegetables with tzatziki or hummus



Did you know? By using a whole wheat pita you increase the fiber per serving and spinach adds many important nutrients into your diet!

PIZZA DISHES

Mini Eggplant Pizzas



Ingredients:

- * 1 eggplant (~8 slices)
- * 2 tsp oregano
- * 14.5 oz can diced tomatoes, no salt added
- * 3 garlic cloves, minced
- * Canola oil spray
- * 2 tbsp olive oil
- * ¼ tsp oregano
- * 10 large basil leaves, sliced thin
- * 1/3 cup parmesan, reduced sodium
- * 1/3 cup mozzarella cheese, reduced fat, shredded

Directions:

Makes 4 servings.

First, preheat oven to 375°F. Slice eggplant into 3/4” slices and place between 2 sheets of paper towel for 30 minutes to absorb moisture. While you wait for eggplant, mix diced tomatoes, garlic and oregano to make sauce. Heat gently and let simmer in saucepan until thick, break up tomatoes with a fork as it’s cooking and keep on low heat until you are ready to use. Next, spray a roasting sheet with canola oil and lay eggplant slices down. Brush with olive oil, sprinkle with ¼ tsp oregano and roast for 25 minutes so eggplant is mushy but doesn’t lose shape. While roasting, mix basil, parmesan and mozzarella cheese. Remove eggplant from oven, let cool then top with tomato sauce and cheese mix. Broil for 7 minutes until cheese is melted and browned.

Nutrition Facts	Amount Per Serving		% Daily Values*		*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.
	Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*	
Serving Size 1 Calories 232	Total Fat 15g	23%	Total Carbohydrate 15g	5%	Calories 2,000 2,500
	Saturated Fat 6g	30%	Dietary Fiber 7g	28%	Less than 65g 80g
	Trans Fat 0g		Sugars 7g		Less than 20g 25g
	Cholesterol 20mg	7%	Protein 13g	26%	Less than 300mg 300mg
	Sodium 108mg	5%			Less than 2400mg 2400mg
	Vitamin A 11%		Vitamin C 19%		Total Fat 2,000 2,500
			Calcium 44%		Sat Fat 65g 80g
					Cholesterol 20g 25g
					Sodium 300mg 300mg
					Less than 2400mg 2400mg
				Total Carbs 300g 375g	
				Dietary Fiber 25g 30g	

Did you know? By swapping bread for eggplant you create a vegetable-rich pizza!

Recipe adapted from: <http://www.kalynskitchen.com/2012/08/recipe-for-julia-childs-eggplant-pizzas.html>

PIZZA DISHES

Quinoa Crust Pizza Dough



Ingredients:

- * ½ cup quinoa
- * 1½ cup water (to cook quinoa)
- * 1 large egg
- * ½ tsp oregano
- * ¼ cup reduced fat mozzarella cheese, shredded
- * Canola oil spray

Directions:

Makes 2 servings.

Start by preheating oven to 350° F. Add water and quinoa in a pot, bring to a boil, turn down heat to medium and cover and continue cooking until water is absorbed and quinoa is fluffy. Add the oregano and shredded cheese, mix well. It should become similar to a dough like consistency. Beat the egg in a cup and then add to the mixture. The quinoa mixture should now be spreadable. Choose any type of pan, line with parchment paper and spray a little bit of cooking oil onto it. Take the quinoa mixture into your hands to form a ball and then spread into any shape you like. You can make 1 large pizza or individual pizzas, as long as they are even in shape and thickness. Bake for 13 minutes. Remove from oven and let cool. Choose your topping and bake for another 10 minutes.

Nutrition Facts

Serving Size 1
Calories 184

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 6g	9%	Total Carbohydrate 22g	7%
Saturated Fat 2g	10%	Dietary Fiber 4g	16%
Trans Fat 0g		Sugars 0g	
Cholesterol 97mg	32%	Protein 10g	20%
Sodium 120mg	5%		
Calcium 17%		Riboflavin 7%	
		Vitamin B12 8%	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Did you know? By swapping a regular crust for quinoa you create a high protein, gluten-free pizza base that can be topped with vegetables of your choice!

Recipe adapted from: <http://yummiyours.com/quinoa-crust-pizza/>

PIZZA DISHES

Zucchini Crust Pizza



Ingredients:

- * 2 large zucchini, shredded
- * 2 large eggs
- * ¼ cup whole wheat flour
- * ½ cup mozzarella cheese, reduced fat, shredded
- * ½ cup parmesan cheese, reduced sodium, grated
- * 1 tbsp olive oil
- * 1 tsp oregano
- * Canola oil spray

Directions:

Makes 4 servings.

Preheat oven to 400° F. Shred zucchini using grater and let sit between paper towels for 30 minutes to absorb moisture. After 30 minutes, squeeze out the remaining liquid by using a cheesecloth. Next, combine zucchini with eggs, flour, mozzarella, parmesan, oil and oregano. Mix until combined. Select a round pizza pan, line with parchment paper and spray with oil. Take the zucchini mixture into your hands to form a ball and then spread into a circle, 12-14” in diameter. Bake for 30 minutes or until the crust is golden brown, then flip it and bake for another 10 minutes. Remove from oven and add toppings of your choice and bake another 10 minutes.

Nutrition Facts

Serving Size 1
Calories 295

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 18g	28%	Total Carbohydrate 14g	5%
Saturated Fat 8g	40%	Dietary Fiber 3g	12%
Trans Fat 0g		Sugars 4g	
Cholesterol 122mg	41%	Protein 22g	44%
Sodium 139mg	6%		
Vitamin C 48%	• Calcium 63%	Riboflavin 24%	• Vitamin B12 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Did you know? By swapping a regular crust for zucchini you create a vegetable rich dish that is nutrient-rich and can be topped as you like!

Recipe adapted from: <http://www.recipegirl.com/2014/04/24/zucchini-pizza-crust/>