



Quick and Easy Pizza

Makes: 12 inch x 16 inch pizza (4 servings)
Preparation Time: 20 minutes
Cooking Time: 15 minutes

Ingredients

2 cups all-purpose flour, divided in half*
1 tablespoon instant yeast
1 tablespoon sugar
2/3 cup and 2 tablespoons warm water (110°F to 115°F)
Nonstick cooking spray
1 cup *Easy Marinara Sauce* from the *Eating Smart • Being Active Let's Cook!* cookbook
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 inch 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.
8. Add a thin layer of the *Easy Marinara Sauce* from the *Eating Smart • Being Active Let's Cook!* cookbook, 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.

Nutrition Facts	
4 servings per container	
Serving size	1 Serving (202g)
Amount Per Serving	
Calories	380
<small>% Daily Value*</small>	
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.