Yummy Tummy Pizza



Makes:

2-3 Servings

Utensil:

12" Electric Oil Core Skillet small mixing bowl

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Recipe:

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Recipe Description:

Sometimes it's difficult to get kids to eat their vegetables but everyone loves pizza. This pizza is the perfect way to "hide" the nutritional benefits of beta carotene, vitamin A, vitamin C and fiber in the sauce. Shred carrots or broccoli into the sauce and the kids will never know they're actually eating their vegetables!

```
Crust
     2 teaspoons
active yeast
(10
mL)
     3/<sub>4</sub> cup
        water
(180)
mL)
      1 cup
white flour
(240)
mL)
     1 cup
whole wheat flour
(240
mL)
     1 teaspoon
sugar
(5
mL)
     1/2 teaspoon
        salt
(2.5)
mL)
```

Sauce

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3 ounces tomato (85 g) 4 paste ounces tomato sauce (113 g) 2 cloves garlic, minced 1 tablespoon honey (15 mL) ^3\!\!/_4
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1

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teaspoon onion (3.7 mL) \frac{1}{2} powder teaspoon oregano (2.5 mL) \frac{1}{4} teaspoon marjoram (1.25 mL) \frac{1}{2} teaspoon basil (2.5 mL) \frac{1}{8} teaspoon cayenne pepper (.6 mL) 1 carrot, shredded, use Cone \frac{1}{2} #1 cup light mozzarella cheese, shDirectionse Cone (57 g) #1 Combine yeast and warm water in a small bowl. Stir to blend and set aside.
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- 2. Combine flours, sugar and salt in large bowl and stir to combine. add yeast mixture and blend.
- 3. Lightly oil hands with a few drops of vegetable oil and knead mixture on clean surface into ball, cover and set aside.

Sauce

- 1. In a small bowl combine all sauce ingredients except cheese.
- 2. Allow sauce to sit for 30 minutes to blend flavors.

Composing the pizza

- 1. Preheat electric skillet to 300°F/149°C.
- 2. Lightly oil hands with a few drops of vegetable oil and, on clean surface, knead crust with the balls of your hands into a flat, 10" circle approximately ½" thick. You may need to lightly sprinkle the surface with flour to keep dough from sticking to the surface. Then use spatula and hands to place dough into electric skillet.
- 3. Spread tomato sauce evenly on top of dough.
- 4. Sprinkle cheese evenly over top of tomato mixture. Cover and cook for 15-20 minutes until cheese is melted. Serve.

Tips:

- · Substitute or add grated broccoli to the sauce.
- If your kids will eat other vegetables such as mushrooms, tomatoes, zucchini or squash, chop and put on top of pizza sauce before cooking.
- You can double the sauce recipe and freeze for later.
- If the kids are involved with growing vegetables or herbs they are more likely to eat those foods.

Nutritional Information per

Serving

Calories: 442
Total Fat: 4g
Saturated Fat: 2g
Cholesterol: 9mg
Sodium: 1100mg
Total 88g
Carbs:
Dietary Fiber: 8g
Sugar: 15g
Protein: 16g