

Recipe

County information

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This recipe provided by the Ohio SNAP-Ed Nutrition Education Program

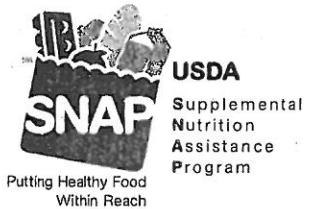


Prep Time: 15 minutes

Cook Time: 15 minutes

Serving Size: 8 slices

Nutrients Per Serving: Calories 100,
Protein 5 g, Carbohydrate 28 g,
Dietary Fiber 1 g, Total Fat 0 g,
Saturated Fat 0 g, Sodium 310 mg



2 Ingredient Pizza Crust

INGREDIENTS

1 1/2 cup self rising flour
1 cup non-fat Greek yogurt

DIRECTIONS

1. In large mixing bowl combine flour and yogurt. Mix until forms a ball.
2. Turn dough out onto light floured surface and knead for 5 - 8 minutes.
3. On a prepared baking sheet or pizza pan roll out dough.
4. Add preferred toppings.
5. Before baking, spray outer edge of dough with cooking spray or brush with oil to brown the edges.
6. Bake in a 450 degree oven for about 12 - 15 minutes.

For a crispier crust you can parbake the dough for about 5 - 10 minutes before adding toppings. Continue baking until cheese is melted to desired doneness.

If you do not have self rising flour use 1 1/2 cup flour and add 1 1/2 teaspoons baking powder and 3/4 tsp. salt.

Source:

theslowroasteditalian.com

For other healthy, low-cost recipes, visit
www.whatscooking.fns.usda.gov



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