

Recipe



Prep Time:	15 minutes
Cook Time:	15 minutes
Serving Size:	8 - 1 slice

Nutrients Per Serving:	Calories	333
	Protein	24 g, Carbohydrate 30 g,
	Dietary Fiber	3 g, Total Fat 13 g,
	Saturated Fat	3 g, Sodium 65 mg

County information

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



USDA
Supplemental
Nutrition
Assistance
Program

Anytime Pizza

INGREDIENTS

pizza crust of your choice
1 cup tomato sauce
1 tablespoon Italian seasonings
1 - 2 cups low fat mozzarella
cheese
1/2 cup green pepper
1/2 cup fresh mushrooms
1/2 cup onion
olive oil
cooking spray

Other pizza toppings as desired

DIRECTIONS

1. Preheat oven according to pizza crust directions.
2. Prepare and place crust on prepared baking sheet.
3. Wash and chop up vegetable toppings.
4. Heat up oil over medium high heat in a skillet. Add chopped vegetables. Stir and cook for about 5 minutes until tender.
5. Combine Italian seasonings with tomato sauce. Spread over pizza crust.
6. Top with cooked vegetables.
7. Add cheese. Spray outer crust with cooking spray.
8. Bake for 12 to 15 minutes, until cheese is melted.

Source:

What's Cooking? USDA

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www.whatscooking.fns.usda.gov



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