

HEALTHY RECIPES

December 2011

HEALTH & WELLNESS

Quick, Easy and
Delicious Firehouse
Cooking

Easy, Healthy Firehouse Pizza

Ingredients

Crust:

1 ¾ - 2 cups whole wheat flour
1 package pizza dough yeast
1 tsp raw honey
¾ tsp garlic powder
2/3 cup warm water

Toppings:

1 cup cooked 99% lean ground turkey
1 cup chopped bell pepper
¼ cup sliced onion
½ cup chopped mushroom
½ cup chopped spinach
½ cup chopped tomato
½ cup 2% shredded mozzarella cheese
Fresh herbs:
Oregano, cilantro, basil (optional)

Sauce:

¼ cup (low sodium) Pasta sauce

Needed cooking utensils:

Pizza pans (or cookie sheet)
Cutting board
Mixing bowl

Comments:

-This crust recipe makes a 12" pizza.
-To make a more tender crust, add 3tbsp of extra virgin olive oil.
-To ensure your crust doesn't stick, apply a very thin layer of extra virgin olive oil onto pizza pan OR sprinkle cornmeal/extra flour onto pan before placing dough.

Notes

-Our nutritional information reflects the ingredients listed above. Feel free to experiment with a variety of vegetables (or fruit!) according to your taste.

-Nutritional data obtained from The United States Department of Agriculture Nutrient Data Laboratory.

Who doesn't love pizza? With this quick, easy to assemble recipe you can make a healthier version of an all time favorite.

Cooking Instructions

1. Preheat oven to 425° F.
2. If using ground turkey, place turkey in pan and cook on medium high heat until well done. Be sure to crumble turkey as it cooks for easy distribution onto pizza.
3. Prepare Crust:
 - a. In a medium sized mixing bowl, combine 1 cup flour, yeast, garlic powder and honey. Pour 2/3 cup warm water into mixture.
 - b. Mix together until well blended.
 - c. Gradually add ½ cup flour while mixing until dough ball forms.
 - d. Place dough ball out onto well floured surface.
 - e. Knead dough until it is smooth and pliable, and easily forms a dough ball.
 - f. At this point, you can either hand press the dough into shape on a pizza pan or roll it with a rolling pin. Roll or press to desired thickness.
 - g. Now it's ready for toppings!
4. Add toppings:
 - a. Spoon ¼ cup of pasta sauce over pizza.
 - b. Place desired toppings over the sauce.
 - c. Sprinkle ½ cup shredded mozzarella over entire pizza. (Optional: Use less cheese for less sodium and saturated fat.)
5. Place on bottom rack of oven. Let cook for around 8 minutes, then move to top rack. If cooking two pizzas at once, simply rotate pizzas at the 8 minute mark. Bake for 15 minutes, or until cheese is bubbling and crust is well browned.

Makes 12 servings per pizza.

Nutritional Information per

servings:

Calories:	90
Total Fat:	2 grams
Sat Fat:	.5 gram
Trans Fat:	0 grams
Cholesterol:	7 mg
Sodium:	85 mg
Carbohydrate:	13 mg
Dietary Fiber:	2 grams
Sugars:	2 gram
Protein:	7 grams
Iron:	2 mg

Heart Healthy Ingredients:

Bell peppers: full of vitamins A, C, B6 and folic acid. These are powerful anti-oxidants which help the body rid itself of artery and vein damaging free radicals.

Spinach: Vitamin C, CoenzymeQ10, beta-carotene, which all work together to prevent oxidized cholesterol from building up in blood vessel walls.

Tomatoes and Tomato Sauce: Lycopene, another powerful anti-oxidant.

Whole Wheat Flour: contains insoluble fiber that helps reduce cholesterol and may lower risk of heart disease.